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Letter from the EDITOR

Every day, my train trundles into Victoria before I hop on to the District Line to get to our offices here in West Kensington. It's a journey have been doing for years and years, but over the past couple of years my interest has suddenly been piqued thanks to Battersea Power Station.

It's always been an impressive landmark for me, and here at *SW Resident* what it could be used for has long been a part of our water cooler discussions. Now, of course, it's being transformed into luxury flats as well as a retail hub, and fronts what is one of London's most exciting regeneration projects. Once finished, Nine Elms will look fantastic and, thanks to the addition of its own station, will be a whole new landmark for London to enjoy. The area is already home to plenty of galleries, so we thought we'd pay these hubs of artistic inspiration a visit.

Talking of hubs, it's a bona fide fact that the kitchen is just that in our homes these days. As a child, I remember the kitchen being simply a place where my mum burnt my dinner (just joking... Oh happy Mother's Day!), but if I visit my parents home today there's now a large conservatory and dining area attached to it, very much a place to congregate. We are spending more and more money on the kitchen, so we have enlisted the experts this month to make sure any investment you make is the right one.

Something else that's trundling into Battersea this month is the Affordable Art Fair, one of the highlights on our calendar here at *SW Resident*. It's such an inspiring event and, this month, Madeleine Howell takes a look at the many artists on show who could add something a little different to your home. If you are looking for that unique touch, then our interview with Countess Jennifer Guerrini-Maraldi is one to read as gets set to open a new gallery in Battersea celebrating Aboriginal art.

Look out next month for more in the way of the Nine Elms regeneration project as we will be producing a special look at 'Modern Living', but for now I will simply enjoy the journey it's taking me on.

Mark Kebble, Group Editor

ELANOR TRAVERS (HAIR) AND ERIN FULLER (MAKE UP), GINA CONWAY PRIVÉ; GINACONWAYPRIVE.COM. PHOTO BY TOM DUNKLEY

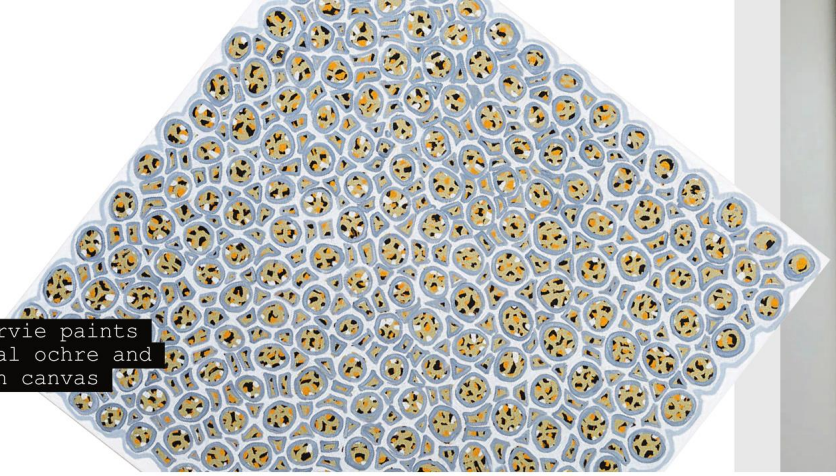
ONLINE theresident.co.uk | **ON INSTAGRAM** @theresidentlondon

This month's top 3 Instagram posts from The Resident

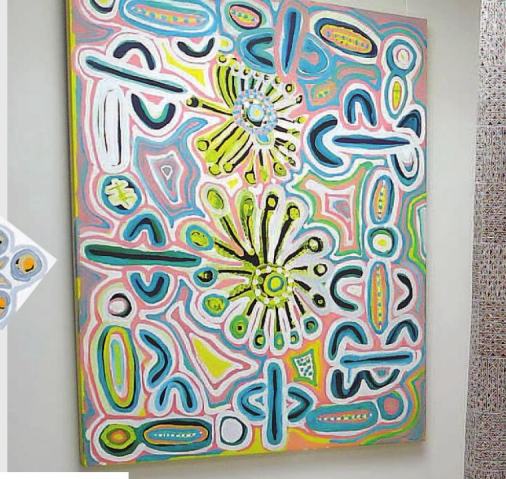
Assistant Editor @bymadeleinehowell interviews the legendary Vivienne Westwood for next month's issue

It was probably too soon to crack open the @Choconchoc #EasterEgg, but we couldn't resist

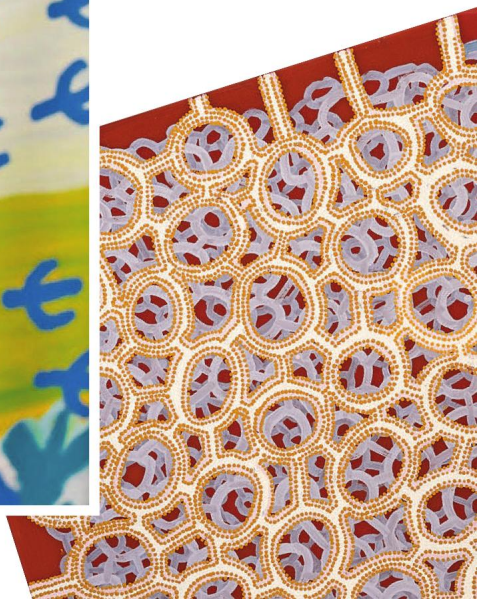
The opening of the swanky new @AsterVictoria should make those train delays more bearable



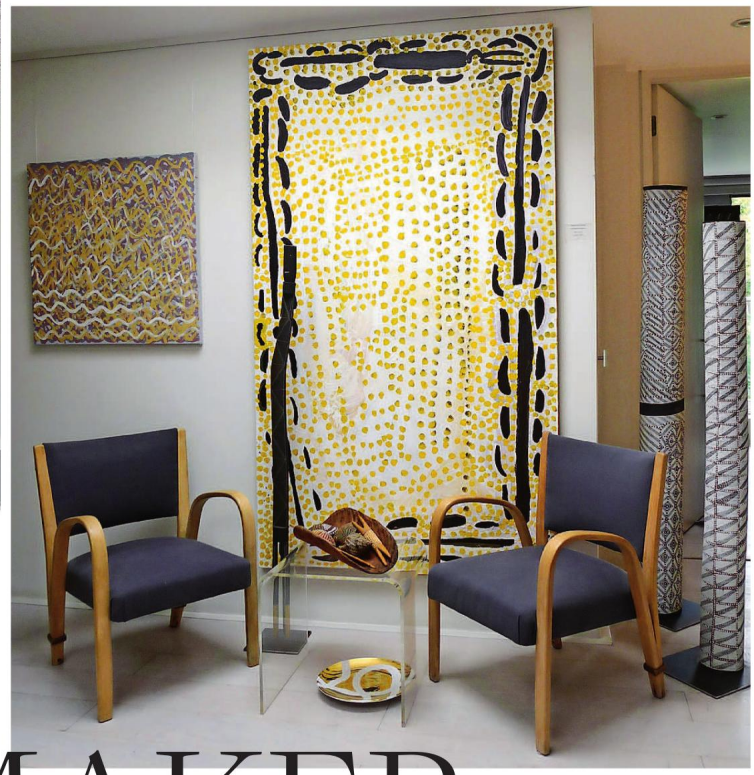
Kitty Malarvie paints with natural ochre and pigments on canvas



Jennifer Guerrini-Maraldi's new gallery in Battersea will open to the public this month



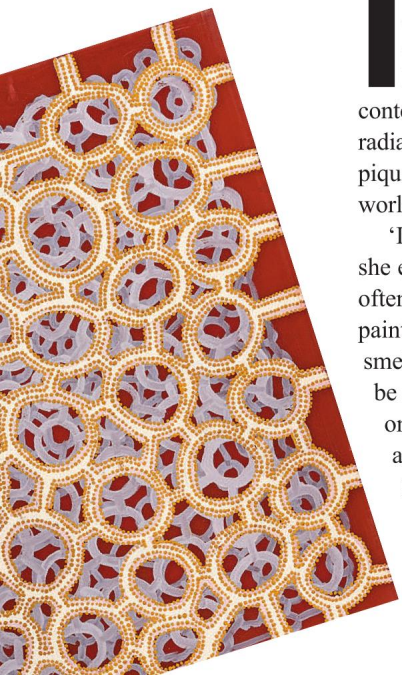
I live a very glamorous life, but nothing compares to the outback



THE TASTEMAKER

Countess Jennifer Guerrini-Maraldi on contemporary Aboriginal art

Words MADELEINE HOWELL



'I live a very glamorous life,' confides Countess Jennifer Guerrini-Maraldi, 'but nothing compares to the outback.' As I step inside her Battersea apartment, her vast collection of contemporary, indigenous paintings and sculptures radiate an immense energy. My interest already piqued, I find over lunch that I have a whole new world to discover.

'It's just such a contrast to life as we know it,' she explains of the Aboriginal communities she often visits in her quest to sustainably source her paintings and sculptures. 'The sounds and the smells, the birds and the lemon gum trees – it can be quite emotional,' she reflects honestly, and goes on to recall her experience of an intensely healing ancient smoking ceremony out in the bush.

Exploits such as this, she tells me, are becoming more and more highly sought after in the luxury travel market: 'People want to learn, and to experience something that's faraway from what they normally do.'

As a regular high society commentator with a face often to be seen in Tatler's bystander pages, I don't doubt that she would know. After directing Australia's Powell Street Gallery at the age of just 23, she moved to London to see the world, and went on to work as a fashion and travel editor for Country Life and as a VIP dresser at Brown's.

Now 66-years-old, looking chic in a Bella Freud 'Star Man' sweater, it's to these creative pursuits that she credits her aesthete's eye, and which she says have led her full circle to open her own gallery in the heart of Battersea's up and coming creative quarter. 'You know how you just navigate towards something naturally?' she asks me rhetorically. 'You always come back to the thing that you love. It's a blessing that I'm able to do it.'

Situated between Vivienne Westwood's headquarters and the expanding Royal College of Art, the JGM gallery will occupy the retail space attached ›

WE BELIEVE

That change is as good as a rest

Believe it or not, our Henley oak kitchen used to be seen as our most traditional, our most classic, and our most refined collection.

But we knew it had hidden depths. So we took it apart and looked at all of the pieces from the inside-out and from the outside-in. Then we added new ones. To those of you who knew it before, it might look familiar, but it's an entirely new era of design.

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NEPTUNE

to 12-18 Radstock Street, a set of eight über-luxe lateral apartments developed by Banda Property.

It's set to be London's only gallery dedicated to contemporary, indigenous Australian art. Guerrini-Maraldi herself will be on hand to help uninitiated visitors to navigate the vibrant works on display.

Given her evident passion for the subject, what tips might she offer to first-time buyers, novice investors or budding collectors? 'I don't sell contemporary art as an investment. I think it's a bit of a con,' she asserts. 'I only want you to buy it because you want to have it.

'Go with your gut feeling, let yourself go. For a reason you can't really understand, it should have an emotional effect on you. Open yourself up to that, and you can really start to enjoy it.'

This advice seems to make sense. On a dreary winter's day, I note, I immediately feel uplifted and amazed by the pieces of art surrounding me in her home. The fact that the work comes from a tradition that doesn't have a written language makes the paintings feel vital as a means of expression, and I can see how they are likely to feed into the Western world's growing obsession with artisan processes and getting back to nature.

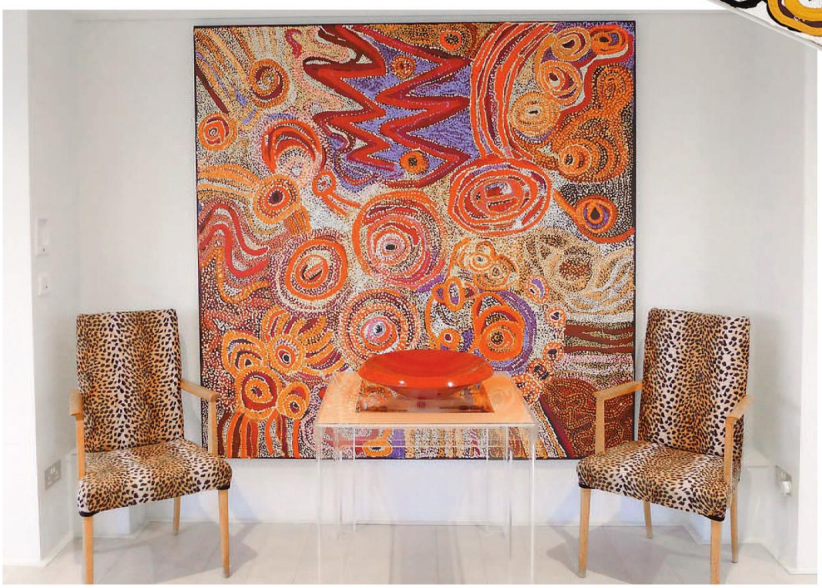
I am particularly fascinated by a sculpture by Patrick Bitting, '*Lightning Man*', which is symbolic of the power of storms and the wet season. The carvings and spirit figures of Samson Bonson – fashioned from hollow logs – draw me in too, as do the gently undulating paintings of Esther Giles, a former basket weaver.

'What I do say is that I only select the best, and who knows? It could be a valuable piece of art for your grandchildren one day,' Guerrini-Maraldi continues. 'A lot of people are so intimidated, because they think they don't know anything. But you don't have to go to a gallery and be an expert yourself – the gallery is there to teach you, and to help you.'

From the opening night on 16 March, visitors will be welcomed to view the work of Kittey Malarvie, an artist known for her rich ochre paintings on canvas evoking the desert.

In her *Milkwater* series, she depicts the play of wind and light on water. According to Guerrini-Maraldi, the representation of water is often at the heart of contemporary Australian art, since waterholes are historically essential to survival in their culture. It's set to be a glamorous and enriching evening indeed...

For a reason you can't really understand, it should have an emotional effect on you



The representation of water is a crucial element in Aboriginal art

JGM Gallery's inaugural exhibition will present recent works by Aboriginal artist Kitty Malarvie, launching on Thursday 16 March from 6-8.30pm.
24 Howie Street SW11 4AY; 07860 325 326; jgmgallery.com

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RECOMMENDS

Five of the best Mother's Day dining ideas in south west London

1 THE WHITE ONION

Roasted perigord goat's cheese with pine nuts and watermelon, tender suckling pig with apple curry purée, lamb shoulder terrine in aioli – talented head chef Frederic Duval serves up beautiful French-Mediterranean dishes that incorporate his Normandy roots at The White Onion. It's fancy, but it has a neighbourhood feel, and you can combine your reservation with a Mother's Day shopping session in Wimbledon Village.

67 High Street SW19 5EE; 020 8947 8278; thewhiteonion.co.uk

2 TRINITY

The French gastronomy at Clapham Old Town establishment Trinity has long been a go-to for special occasions, and even more so since it received a Michelin star last year. A reservation there is a treat that a well-deserving mum is sure to appreciate on Mother's Day. Chef proprietor Adam Byatt SW Resident's very own food columnist – will look after you and guide you through the extensive wine list.

4 The Polygon SW4 0JG; 020 7622 1199; trinityrestaurant.co.uk

3 VALENTINA

Valentina Fine Foods on Lavender Hill is a family-run Italian delicatessen and restaurant. For mums that are fans of Italian cuisine, it's a winner. Our top picks include the salsiccia pizza with fior di latte mozzarella and the decadent risotto porcini. The bacio di valentina, a homemade chocolate fondant served with chocolate sauce, ice cream and a Baci chocolate, is not to be missed.

281 Lavender Hill SW11 1LP; 020 3841 1610; valentinafinefoods.com

4 JAN

Northcote Road newcomer Jan serves up Caspian flavours inspired by the golden age of the Ottoman Empire and the Persian dynasties (think courgette hummus with flatbread, harissa marinated hanger steak and cardamom dusted doughnut twists), so it's perfect for a mother more adventurous when it comes to dining, who might also appreciate the rather alcoholic 'Persian Courage' cocktail on offer.

78 Northcote Road SW11 6QL; 020 7525 9446; myjan.co.uk

5 MAY THE FIFTEENTH

Bistro-style eatery May the Fifteenth (formerly the Abbeville Kitchen) is situated in the heart of the picturesque Abbeville Village. A special Mother's Day dinner there is best preceded with a leisurely stroll around nearby Clapham Common – that way, you'll work up an appetite for the menu, which changes daily and features the likes of pig's cheeks, potatoes and 'nduja, or Cornish bream with salsify and anchovy butter.

47 Abbeville Rd SW4 9JX; 020 8772 1110; maythe15th.com

WORDS: MADELEINE HOWELL

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ARENA

{THE FINEST EVENTS IN LONDON THIS MONTH}

PHOTOGRAPHY: MAURA SULLIVAN

ESCAPE THE SCAFFOLD

Theatre503 in Clapham presents a haunting psychological thriller

Titas Halder's *Escape The Scaffold* is a dark, dangerous thriller with pitch-black humour. Set against the background of a rapidly changing world, three best friends hunker down in their student house, forced to make decisions that will mark them for the rest of their lives. Youthful idealism is tested, paranoia takes hold, and real life melts into a nightmare world. Eventually, a love triangle escalates into a murderous betrayal.

The Latchmere, 503 Battersea Park Road SW11 3BW; 0207 978 7040; 22 March-15 April, 7:45pm

Can't afford to miss
Returning to Battersea once again, the Affordable Art Fair will take place from 9-12 March. The fair will bring together thousands of international artists, with work available to buy from £100 to £6,000. This year's fair will also celebrate the restorative power of art through specially curated selections of work in addition to talks and workshops.
affordableartfair.com

DEAD RINGER

Half a century after its premiere at The Old Vic, Rosencratz & Guildenstern are Dead – the play that made a young Tom Stoppard's name – returns to that same stage in a 50th anniversary celebratory production. Against the backdrop of Shakespeare's Hamlet, this mind-bending comedy will star Daniel Radcliffe, Joshua McGuire and David Haig, and runs until 29 April.
See oldvictheatre.com to find out more.

Boys will be boys
A spectacular new production of Broadway musical *La Cage aux Folles* is setting out on its first ever UK tour. Coming to the New Wimbledon Theatre from 14-17 March, the colourful show follows the story of Georges, the manager of a Saint Tropez nightclub, and drag artiste Albin, the club's star attraction. Their glittering existence comes under threat when Georges' son announces his engagement to the daughter of a notorious right-wing politician.
atgtickets.com/wimbledon

Multi-award winning musical *La Cage aux Folles* is coming Wimbledon

Flying high
An American in Paris bursts into life on the West End stage for the first time when Christopher Wheeldon's multi award-winning new Broadway musical opens at the Dominion Theatre on 4 March. An unforgettable story of love and hope in a city reborn, the streets of Paris become the backdrop to a sensuous, modern romance in the aftermath of war.
anamericaninparisthemusical.co.uk

ANIMAL MAGIC

Ceramic Art London returns for the 13th time, opening at Central Saint Martins on 31 March. The fair offers a snapshot of international contemporary ceramics, featuring 90 leading makers from around the world. A top pick for us is Nichola Theakston's enigmatic primate sculptures, pictured left, as well as the return of renowned makers such as Akiko Hirai, Sophie Cook and James Hake.
ceramics.org.uk

Find even more great #ThingsToDo in London online at theresident.co.uk

GUESS WHO

The Who Hits 50 at The O2 on 23 March will see the band take their audience on an amazing journey through their entire career and classic albums we'll never grow tired of.
theo2.co.uk

A world of discovery

Scarlett Hooft Graafland's surreal, dream-like photographs provide the lasting record of her carefully choreographed, site-specific sculptural interventions and performances in some of the most isolated corners of the world. The exhibition *Discovery*, opening on 31 March at Flowers Gallery, draws together more than a decade of exploration.
21 Cork Street W1S 3LZ; flowersgallery.com

MATTHEW MURPHY; SCARLETT HOOFT GRAAFLAND

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LOUISE CANDLISH

Why it's time to reclaim the kitchen

This Mother's Day, I am taking back the kitchen. I never thought I'd type those words, feminist that I am, but it looks like I just did. And there's more: at least it will keep him out of it.

What with Andrew being currently on sabbatical and me nose to the deadline grindstone, he has been in charge domestically. As you can imagine, at first I luxuriated in the role reversal bliss (we won't dwell on the fact that it's not really role reversal since I've always worked, but we all know how homeworkers get hoodwinked into doing the housework in their coffee breaks). Whereas my early-evening regime for as long as I can remember has been dog walk and dinner, now, at last, I could relinquish both, stay under a fur throw with my laptop, and wait to be fed.

And wait.

This, it soon becomes clear, is the first issue. Having honed the production of a nutritious meal to a slick 30 minutes or fewer, I am mystified as to why Andrew needs 90 or more. Even an omelette has been known to take two hours (I exaggerate not, it involved the use of two saucepans, a wok, a frying pan and a baking dish, the latter being transferred post-bake to the grill). The teen and I soon learned to eat a snack at 5pm to see us through to dinner.

Then, once fed, we are overfed. This is the second issue. Lasagne for eight, a cauldron of curry, a Christmas feast for a Sunday roast, and so on.

'I'm making sausage rolls,' he announces, for example.

'Great,' I say.

Half a day later, when I've forgotten all about it, the sausage rolls are presented. There are six different kinds (again, no exaggeration, and for the record: standard pork; sage and onion; tarragon and mustard; chili and ginger; jerk; 'mystery'). There are also 128. A hundred and twenty eight sausage rolls: that's one each for every player in the men's singles draw at Wimbledon. For three people and a Labradoodle! Insanity. Obesity. Sure enough, after a few weeks of this combination of overfeeding and undermoving (one day my step app said '45'), I have put on half a stone.

I will be eschewing Chez Bruce, sidelining the father and cooking myself

Which is why, on Mother's Day, I will be eschewing Chez Bruce, sidelining the father and cooking myself. Fish, salad, fruit. Enough for the number of the people at the table, not the number of people on the street. As few utensils as is humanly achievable. I will lead by example.

One meal, one pan, one woman.

louisecandlish.com; @louise_candlish

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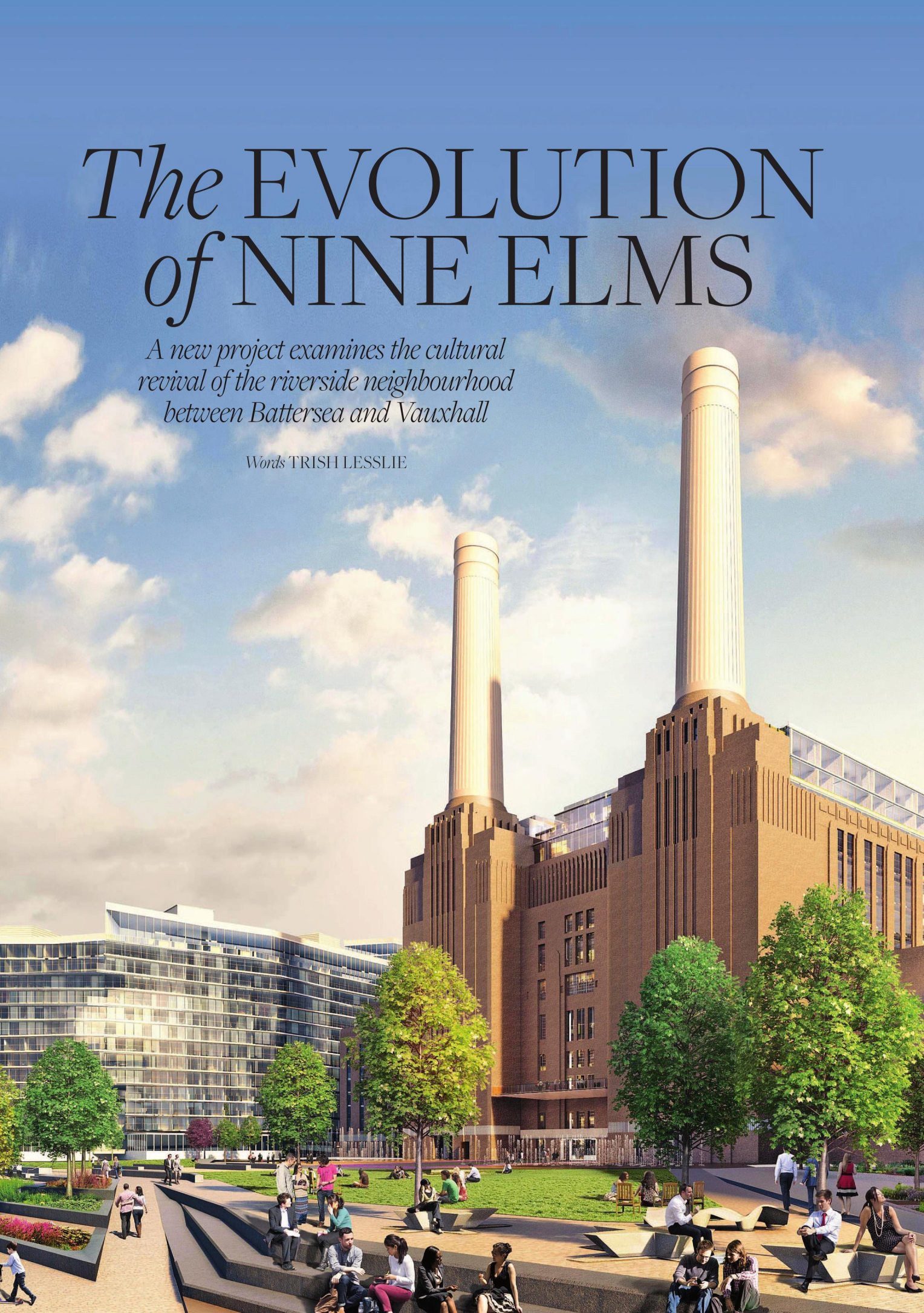
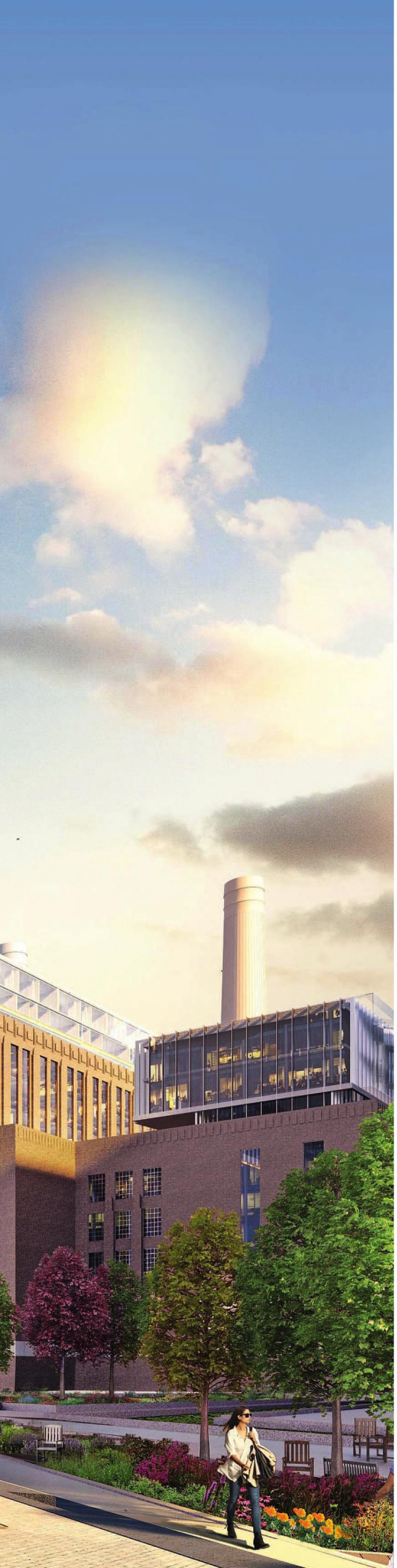
The EVOLUTION *of* NINE ELMS

A new project examines the cultural revival of the riverside neighbourhood between Battersea and Vauxhall

Words TRISH LESSLIE





To truly appreciate the total transformation of Nine Elms, board a train at Waterloo or Vauxhall and head towards Clapham Junction. The profusion of office and apartment blocks in various stages of construction between New Covent Garden market and the iconic chimneys of Battersea Power Station is literally concrete evidence of the dramatic changes afoot. In fact, Nine Elms is in the midst of the biggest central London building project since the Great Fire.

More than 20 interconnected development schemes are changing the face of this riverside district, which is well on its way to becoming an ultra-modern, thriving destination in central London offering 20,000 new homes and 25,000 new jobs. New schools, public squares, parks and footpaths are being created alongside major improvements to local infrastructure, and Transport for London has already started work on the extension of the Northern Line, due to open by 2020.

The changes are currently being celebrated in an arts project, Material Action, which brings clay and digital storytelling workshops to a network of galleries on the south bank of the Thames. The scheme is giving young people from Wandsworth and Lambeth the opportunity to explore their experiences of the developing area through creative clay making with the support of established artists at the Beaconsfield Gallery Vauxhall, Gasworks and Pump House Gallery, all part of the fast growing cultural network of Nine Elms 'gallery quarter'.

The workshop programme, which began in January, is part of the Tate Exchange programme, which allows other organisations and members of the ›

More than 20 interconnected development schemes are changing the face of the district

TOP LOCAL GALLERIES

PUMP HOUSE GALLERY
Situated beside the lake in Battersea Park and owned by Wandsworth Council, this welcoming space is a great place to see, participate and engage in contemporary art.
pumphousegallery.org.uk

PLUS ONE GALLERY
Having relocated from Pimlico Road to Battersea Reach in Summer 2016 the new, ultra modern space complements the contemporary style of the British and international contemporary hyperrealist art works for sale.
plusonegallery.com

BEACONSFIELD GALLERY VAUXHALL
Founded as an educational charity in 1994, Beaconsfield is an influential experimental art laboratory and gallery with some high profile international partnerships behind it.
beaconsfield.ltd.uk

Paul Day Bronze on show at Plus One Gallery

GASWORKS
This non-profit contemporary visual art organisation provides studios for London-based artists. Its international residencies programme also offers international artists the opportunity to research and develop new work in London.
155 Vauxhall Street SE11 5RH; gasworks.org.uk

public to participate in Tate's creative process. It will culminate in an interactive workshop on 10 March at Tate Modern showcasing the young people's work.

'This project combines the exceptional creative talents of three superb galleries and draws on the inspiration of Tate Modern,' says Ravi Govindia, leader of Wandsworth Council and co-chair on the Nine Elms Vauxhall Partnership. 'It's a great example of this area's regeneration programme opening up new opportunities for our local communities. Clay brick is the building block for some of the most iconic buildings in Nine Elms and Vauxhall, new and old, and it will be fascinating to see what local young people create.'

The project combines the exceptional creative talents of three superb galleries

Nine Elms, which derives its name from a row of trees that once bordered the main road, has existed as a settlement on the Thames for hundreds of years. But while the arrival of Vauxhall Bridge in 1816 stimulated rapid development in the area, the construction of the railway viaduct a few decades later cut through existing neighbourhoods, hampering future development.

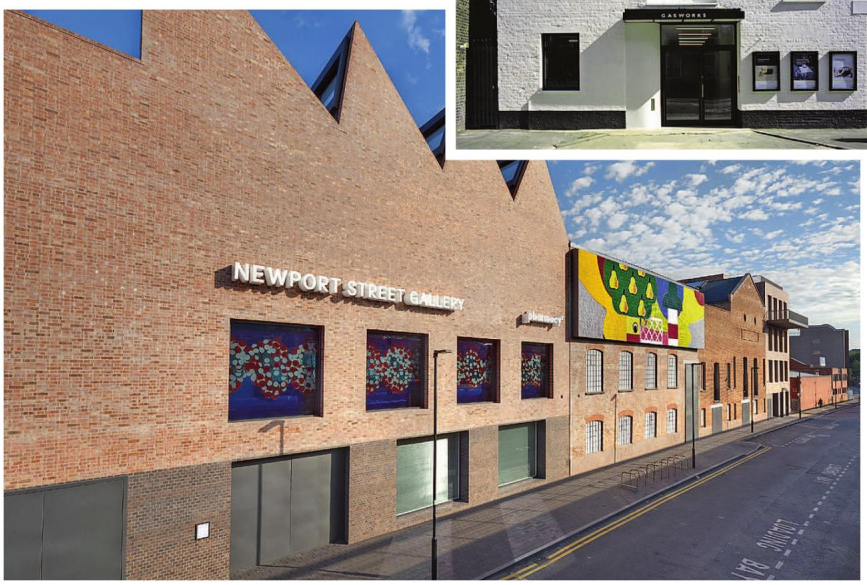
It's an obstacle that planners are now well and truly overcoming. At 195 hectares, Nine Elms is by far the largest regeneration zone in central London and one of the biggest in Europe. And as the once mainly industrial area transforms into one of London's top destinations to live and work, so its arts scene is booming.

When Damian Hirst's Newport Street Gallery opened in Vauxhall in 2015 - just a stone's throw from the old Royal Doulton factory – the area's reputation as a thriving cultural centre was sealed. It continues to grow with the arrival of new independent galleries along this southern stretch of riverside.

'The regeneration of Nine Elms is bringing the whole area to life and the council is doing all it can to support the development of this exciting new cultural hotspot,' says Govindia. 'It's incredibly exciting to see a vibrant new gallery quarter taking shape along this part of the South Bank. Collaborative programming and partnerships with institutions like the Tate will help sustain and support this growing cultural network in the years ahead.'

nineelmslondon.com

Gasworks and Damien Hirst's Newport Street Gallery in Vauxhall



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Make an IMPACT

Sam Gare, the Director of the Affordable Art Fair, on the restorative power of art and how it can transform your home

Interview MADELEINE HOWELL

Can you explain why this year's fair has a theme of the restorative power of art? Art can have a hugely positive impact on our lives and day-to-day routines, and we're excited to celebrate this topic at the upcoming fair. The Battersea Spring Collection will have informative talks and interactive workshops around the restorative power of art. We're really excited to be working with fantastic partners and artists to help us talk about the positive impact art can have on both body and mind.

How can art transform the home?
In addition to the visual benefits of making a statement, tying a room together and adding vibrancy and personality to your space, for a lot of people art makes a house a home and leads us out of our day-to-day lives. We're all so caught up in the everyday anxieties of going to work and modern life that surrounding ourselves with artwork we love can really give us something to escape into. Studies have also shown that experiencing and enjoying art helps to decrease our stress levels - with many of us juggling hectic schedules, it can be a brilliant tool for creating a calming environment to help us switch off at home.

As well as giving the creative and analytical parts of our brain a workout, when we look at art the parts of our brain associated with pleasure and reward are activated. Looking at artworks doesn't simply make us feel calmer, it actually brings us joy, which some would say is the secret to achieving a happier home.

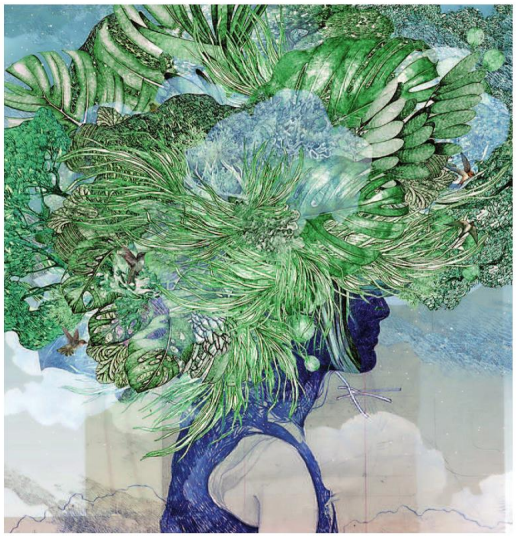
What tips do you have for introducing art into different rooms?
It's important to make sure the emotions that a piece of art conjures up complement the space in which you place it. A very personal or calming piece could work well in a private, quiet area such as the bedroom, whereas a bright and dynamic print might be better suited to a sociable space such as a living or dining room.

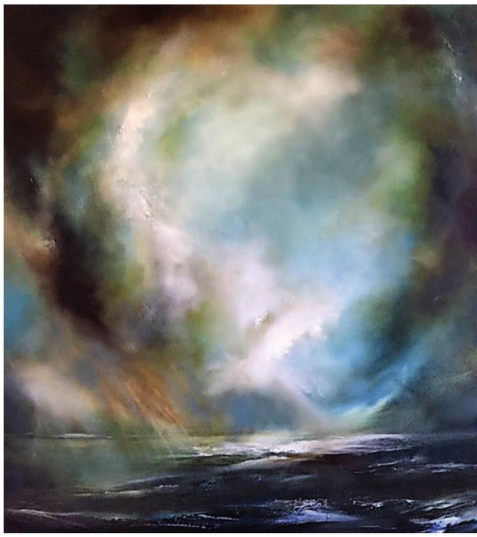
You can also use art to make the most of an underappreciated space, such as a hallway or bathroom, by simply introducing a cherished piece of art and taking the time to enjoy it as you pass each day.

Is colour an important consideration when introducing art to an existing scheme?
Art has the potential to add something new or unexpected. Don't feel like you have to choose a piece that matches an existing scheme exactly. A piece that complements the overall style of the room, or includes just a small amount of another prominent colour in the room, helps it to stand out and add personality.

In terms of wall colour, most pieces will look brilliant against a backdrop of classic cream or greys as this really allows them to stand out. However, you could take a tip from the top galleries and paint your walls in stunning dark blues, greens and mauves to really offset your pieces and create an elegant feel – black and white prints look particularly elegant against deeply coloured walls. Ultimately, a piece of art will outlast your décor and move with you from home to home, perhaps even be handed on to the next generation, so don't be afraid to rip up the rule book if you just completely fall for a special piece of art. ›

Art has the potential to add something new or unexpected. Don't feel that you have to choose a piece that matches an existing scheme





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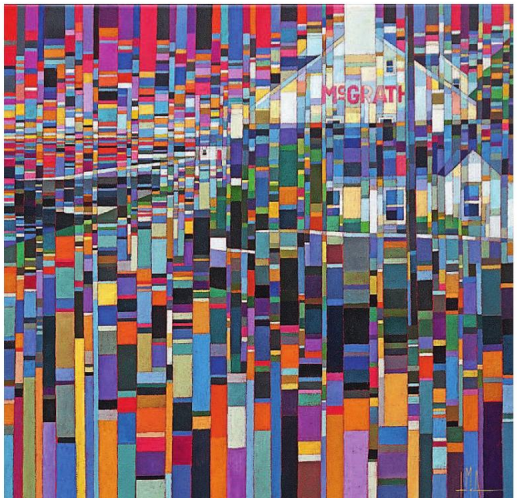

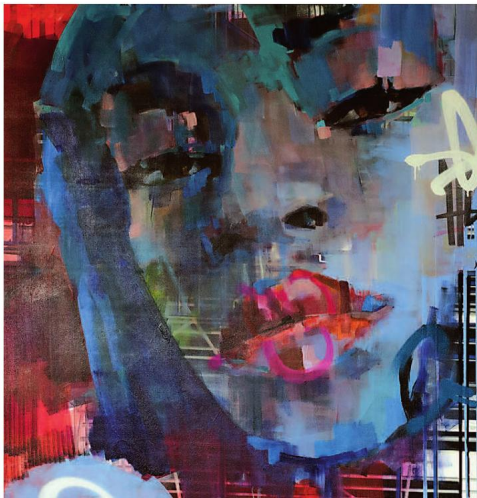

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Leaving the fair with a piece you love can not only give you pleasure for years to come, but it may also be a great investment. The work of emerging artists is often exciting as the artist will develop throughout their creative career

What's so special about the Affordable Art Fair in Battersea and the pieces you can find there? Our very first fair, back in 1999, was in Battersea Park and was the beginning of our mission to democratise art and make contemporary art accessible to everyone. You don't need to be an art expert to enjoy our fairs, we believe everyone can be an art collector, whatever their taste, space or budget, and we aim to give our visitors the opportunity to see, fall in love with, and buy art in a fun and welcoming environment.

At Battersea more than 110 galleries bring art by a stunning range of artists, from more traditional pieces through to contemporary works, all under our ceiling price of £6,000. Our work with emerging artists also ensures we are providing a great opportunity to invest in tomorrow's talent.

Although affordable, would you say the art on sale at the fair is often a good financial investment? Leaving the fair with a piece you love can not only give you pleasure for years to come, but it may also be a great investment. In particular, the work of emerging artists is often exciting and buyers have the pleasure of watching the artist develop throughout their creative career.

When you have fallen for a piece of art there are a few questions you could ask the gallerist, which may help to guide your choice. Don't be afraid to delve into the artist's CV. For example, where did they study and how widely have they exhibited? If they've trained at a well-known art school, shown commitment to exhibiting their art, and been picked up by a number of galleries, institutions, or collectors, these may indicate the beginnings of a successful career. However, if the artist has been self-taught, don't let this put you off. You can gather an idea of their success so far by asking about where and how many times they have exhibited their work, as well as about their personal story. Lastly, how well their work has sold or have they won any prizes? A piece by an artist whose work is already in demand may make you feel more confident in your choice.

Are different people drawn to certain mediums and why do you think that is? Art is deeply personal and what people respond to, and their reasons, can be absolutely fascinating. Witnessing people fall in love with artwork that sits outside of their comfort zone can be very rewarding. As you begin to build a collection, some people find they are drawn to particular mediums, and may specialise in buying etchings, or outdoor sculpture for example, but often people are more drawn to themes, and enjoy how those themes can be explored in different ways by different artists.

What are some of your favourite artists and works at the moment? I love work that evokes strong emotions and reflects my own core beliefs, morals and values. I'm a big fan of the large scale monochrome prints by Ade Adesina – his subject matter and conversations around ecology and our ever-changing world are very thought provoking and close to my own heart. I could look at his work for hours and still find something new that questions our relationship with the world around us. I also love the work of Amy Judd. I find the emotive aspect of her paintings truly beautiful.

The Affordable Art Fair runs from 9-12 March at Battersea Evolution SW11 4NJ; affordableartfair.com

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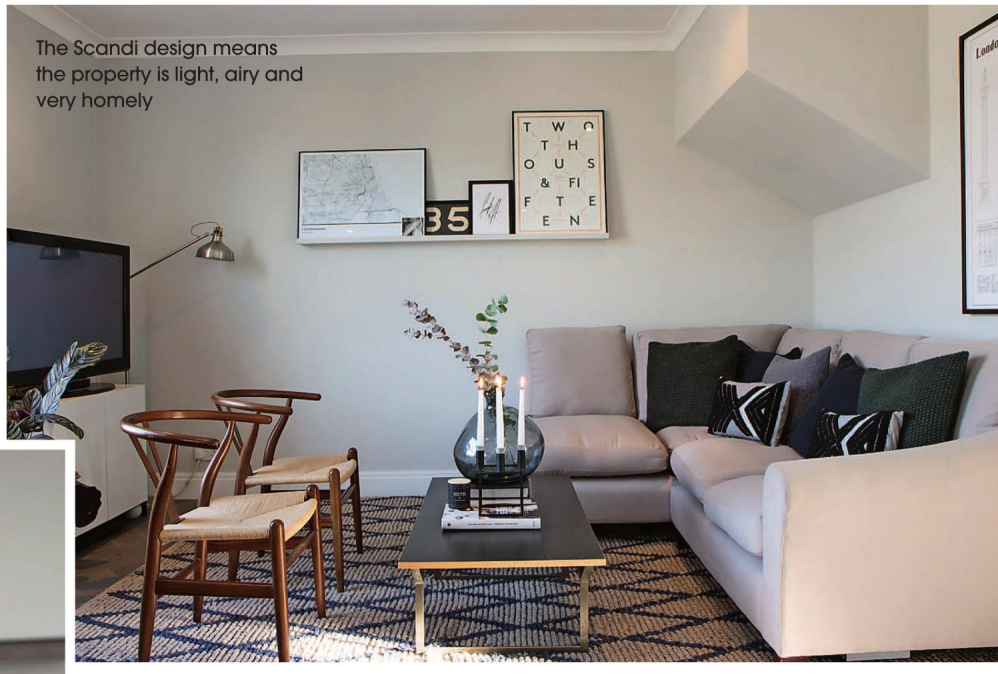
NATURALLY NORDIC

Some people just have an innate eye for design and this is certainly the case with new Scandinavian interior designer on the block, Cat Dal

Words BETHAN ANDREWS

Dreaming of creating a space in your home that is open, light, yet feels as warm and inviting as the most luxurious hotel room? Cat Dal is the woman for you. Having set up Cat Dal Interiors in 2015, the Scandinavian interior designer is going from strength to strength and scooped up Top Interior Designer at New Design Britain 2015.

It's important to Dal that she makes any design she gets her hands on as fresh and bold as most Scandinavian



The Scandi design means the property is light, airy and very homely

The bathroom is Dal's favourite room in her house

influences filtering through our culture, but that she also makes the projects affordable too. A project that shows this off very well is the recent refurbishment and renovation of her own home, a Victorian top floor, split-level flat in Tufnell Park, where they constructed a dormer in the attic bedroom. Natural materials play a starring role in Scandinavian design; it connects you to the vitality of the outdoors, which, as Dal tells us, simply makes us feel good.

'The Victorian flat has beautiful proportions and a double height window overlooking the gardens, so we wanted to make the most of the natural light,' says Dal. 'The result is a clean, modern yet mid-century atmosphere with high end finishes, pops of rich colour and reclaimed materials.'

It was dated and unloved, but Dal and her husband loved the dimensions of the property and the character, so decided to stay and make it their project. 'It was quite a big project that started the day after we got married in Ibiza, so there was no holding back,' she says. 'It was a lot of fun, but a learning curve. I had two heads on with this project: my design business brain and my owners' heart, so I had to be quite strict with myself. I loved diving into my little black book of my favoured craftsmen. For the past 10 years I have been keeping a treasured edit of suppliers; everything from cement tiles, reclaimed flooring, antique markets and small unknown danish textile designers. 'My favourite room is the en-suite bathroom, which has polished plaster called tadelakt, a Moroccan plaster they use in Spain and it's like silk to touch – it's truly beautiful,' says Dal. 'With the light coming in onto the Bert and May tiles, it's just a really lovely space.'

One of her biggest hates is having unnecessary clutter, so this is often part of her thought process. In the large and airy master bedroom renovation there is a place for everything and this, combined with the teal colour scheme, sets a calming atmosphere to the room. 'You have to constantly remind and be honest to yourself about how you actually live,' she says. 'That's why I get very personal when I work with my clients.

From being brought up in Scandinavia, I always start my designs from a feeling

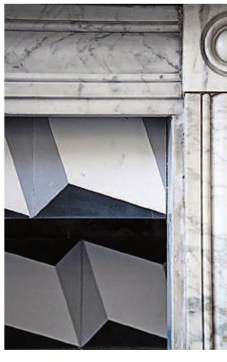
'I often start with a conversation, getting to know them and then looking at images together with them to see what they like. It sometimes just starts with artwork. It's sort of a two-way street where we kind of interview each other.'

Design has come to the forefront of a lot of restaurants and bars now, so Dal tells me that she gets a lot of inspiration from there. 'Inspiration comes from the heart though,' she says. 'And from being brought up in Scandinavia, I always start my designs from a feeling and how I want the room to feel. Then I move to the colours, materials and nature – there will always be organic materials in my rooms.' Versatility and diversity in projects is clearly something that Cat Dal takes in her stride, and something that means hers is a name we will see all over in 2017.

Find out more at catdalinteriors.com

THE COFFEE SHOP

Situated in the heart of Fulham Broadway, Gianlucca's coffee cult is a recently completed project by Cat Dal Interiors in this area. A special collaboration with Ardour Designs, their brief was to convert a dark and cluttered two storey Grade II listed building into a minimalistic, relaxed and modern space. On the ground floor concrete Hexagon pendants float over the marble breakfast bar, and Kokedama plants swing delicately reflecting onto an antique mirror. A fireplace was lovingly restored with geometric tiles and a stunning marble frame. Upstairs they continued the muted palette and mix of textures, with bespoke leather banquettes with brass detailing, concrete wall lights and brass geometric terrariums. Working within a tight deadline, they completed the project eight weeks after our initial meeting.



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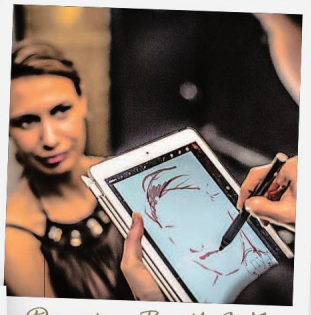

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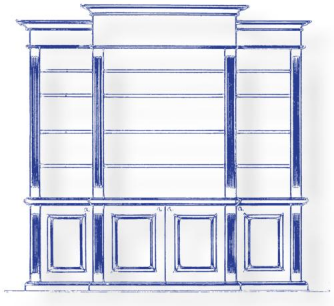

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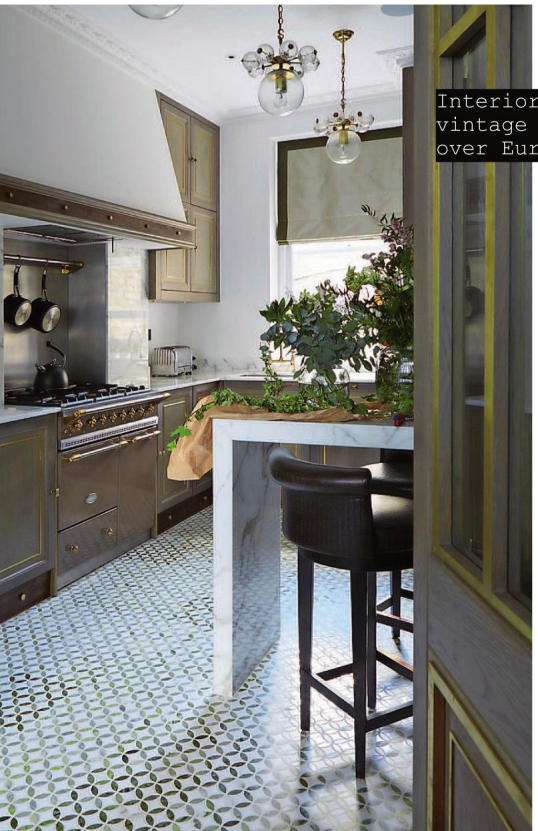
PASSION *for* LIVING

Why interior designer Rebecca James dared to be bold when she created this cool Fulham pad

Words GEORGINA BLASKEY

'I try to make calm, inviting spaces,' explains Rebecca James, award-winning founder of Interior Desires. 'But I don't think you should be able to tell a good designer's work – I try not to use the same thing twice, I push the envelope every time.' Serene with a playful undertone is certainly the vibe of her Fulham project, a townhouse renovation for a couple who wanted an abode that was homey but stylish, a 'cool pad' their family would want to visit, and a place they could embark on their new life together.

'We started with a mood board influenced by the Scottish Highlands. Every colour was muted, everything was pared back,' says James enthusiastically. The earthy tones are present throughout the house – mustard for the hallway, wine in a guest room, greyish dark brown to soften metalwork. In the restful living room, the walls are lined with 'a rich, scrumptious fabric paper that has a slight reflectiveness to it', marrying



Interior Desires sources vintage fittings from all over Europe

warmth with light to great effect, blurring the hard structural lines. Striking light fittings are used in the project and James's team dedicate much time to sourcing vintage fittings from all over Europe. 'The chandelier is Stilnovo and the floor lamp is French from the 1940s. I designed the furniture to complement the space and our finds,' James explains, pointing out the inviting armchairs covered in mossy velvet.

But the real wow factor is the unique double doors between the living room and kitchen. 'I was inspired by some orangery doors I saw in an old book, so I based the design around those. My client wanted the kitchen close to the living room, but it needed to be blocked off when required yet still look elegant and chic,' recalls James. The metal inlay in the doors gives an Art Deco feel and it's used throughout the house, including the kitchen. Stained oak cupboards reflect the doors' elegant style, while the marble worktops complement the decorative floor tiles. Three 1950s vintage lights from Carlton Davidson mirror the living room's chandelier so the rooms flow harmoniously into one another.

Knowing when a space should be 'still' and when it requires a bold touch, a splash of colour or the introduction of ›

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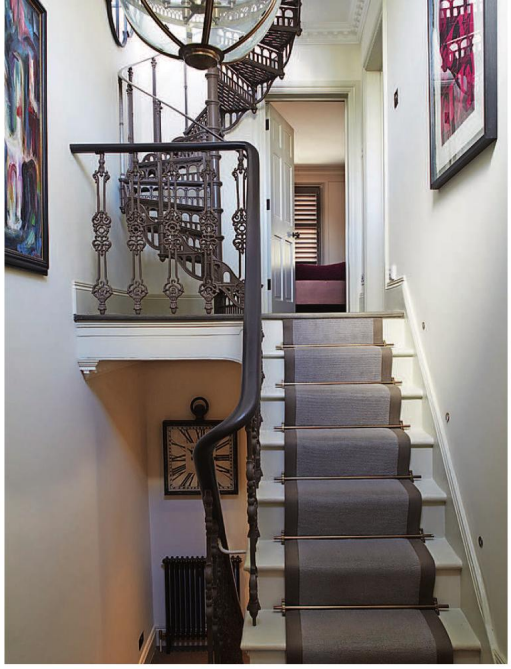

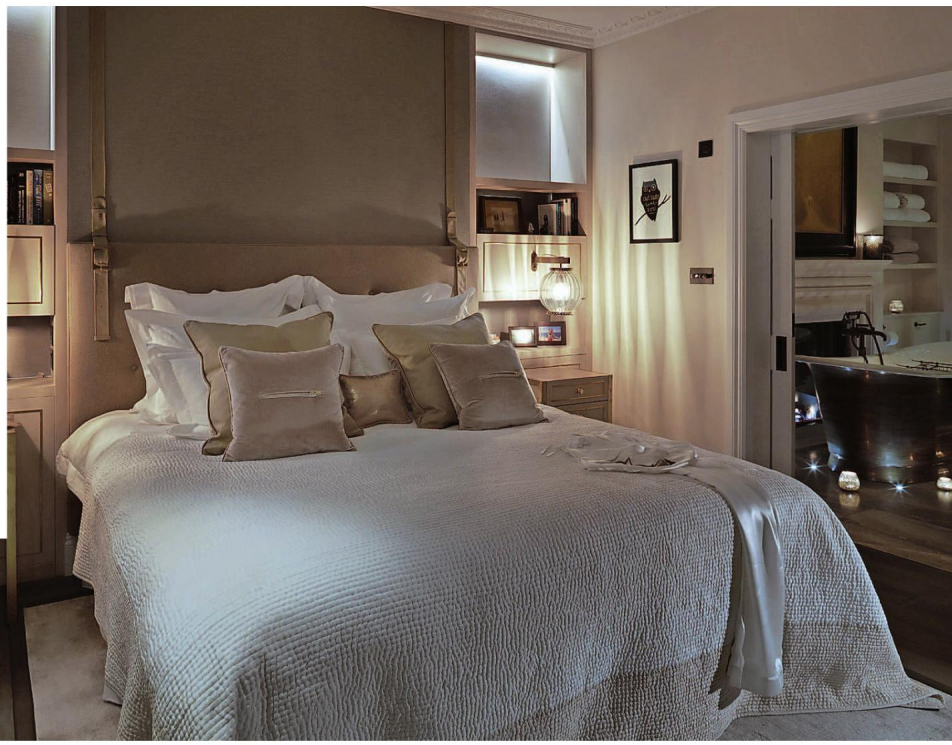

James creates a calming atmosphere by avoiding flat, white walls

It's in the master's en-suite bathroom where we see James's originality and talent in spades

an unexpected design element appears to be James's talent. The Cole & Son patterned wallpaper in the hallway is loyal to the mood board, but brings a playful vibe to the staircase, where the traditional wooden spindles were replaced with decorative iron iterations. But it's in the master's en-suite bathroom where we see James's originality and talent in spades. 'A house needs masculine moments,' reveals James. 'While this is a masculine bathroom, it's also beautiful.' The shower is based on a telephone box, creative metalwork forming a cubicle that is much requested by future clients. 'We didn't want the bathroom to be too blingy, so the marble is only used on the floor and splash back. The William Holland bath is patinated in a raw, copper bronze and beautiful to look at, so we installed a sliding door between the bedroom and bathroom to enjoy the view!'

Perhaps it's due to her early modelling career, but James is hugely influenced by fashion and the headboard in the master was inspired by how Gucci was using its belts on bags at the time. Continuing the theme of metalwork, James designed fitted bedside table units with a brass inlay and sourced vintage lights sympathetic to the scheme. Pattern and colour come alive in the guest room. 'I hate flat, white walls so I adore playing with spaces such as this. I used recessed lighting to create a calming atmosphere for the teenager who uses this room and needs downtime, but with a blast of colour from the Elitis wallpaper. We've stayed true to the Scottish Highlands palette with this heather colour way.'

Elaborate curtains do not feature in this house; window treatments are a refined design pause among the multiple, elegant elements that calmly co-exist throughout the property. Shutters in the living room allow maximum light, the hard edges of the kitchen are softened with a simple Roman blind, the bathroom has one quietly dramatic swathe of fabric pulled back. 'It's about knowing when to stop,' advises James.

Like this house, James's life has been a collection of interesting moments. From her childhood passion for dance and years spent rearranging her dorm room at Elmstead Ballet School, to modelling in Hong Kong and finally enrolling in Chelsea School of Art to follow her dream, her work is a reflection of a life driven by passion. 'I'm inspired by observing people's passions and I believe that my interiors should be as unique as one's DNA with each detail reflecting an individual's inner character; this approach can often lead to daring and outrageous creations.' It seems that whatever your passions and preferred styles, Interior Desires can take to you one step closer achieving them.

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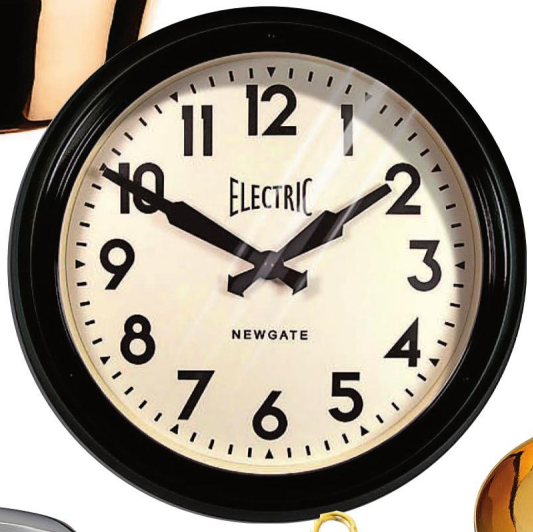

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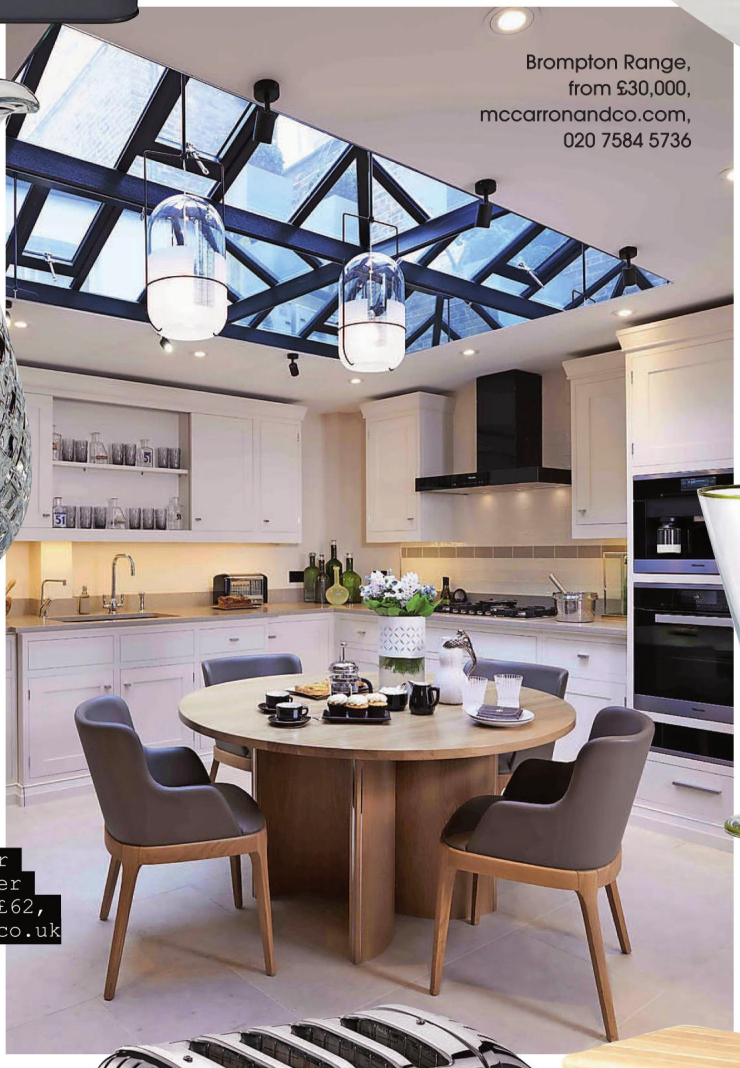

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Signature round casserole in Satin Black, from £139, lecreuset.co.uk

Classic four-slot New Gen toaster, £199, dualit.com

Aalto step stool, £140, coxandcox.co.uk

Set of marble chutney dishes by Gray & Willow, £60, houseoffraser.co.uk

THE DARK SIDE
Dark hues are not just good in Shaker style, but also bring a sophistication to contemporary kitchens. The fabulous new collections from Eclectic in Clapham include a new Dark Graphite Range with unique copper handles and accessories. Prices from £18,000.
Contact Eclectic on 020 8673 0572 for their full design and project service; eclecticinteriors.co.uk

RECIPE FOR SUCCESS

Inspired to revamp your kitchen? Follow these four styles...

Words MARK KEBBLE

SIMPLE PLEASURES
Pure Handleless kitchen with Birch coloured base units and Stove Grey tall and wall units. Caesarstone London Grey worktop on the left and the island with Cosmic Black Leather natural granite. Pure Kitchen from John Lewis of Hungerford unites modern, minimalist kitchen style with a mid-century feel. This chic, simple kitchen design will create a fresh ambience in any home.
Price on application – call 0700 278 4726 or visit john-lewis.co.uk

REVAMP THE LOOK
This truly stunning design is by Kitchen Revolutions. It features white lacquer with walnut veneer doors. Kitchen Revolutions specialises in bespoke German kitchens. They not only design kitchens, but can offer an overall interior design solution. Furniture price starts from £8,000.
020 3302 6266, kitchenrevolutions.co.uk

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Prices on application, rmlines.com

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FLOOR FILLERS

Luxurious rugs that feel as good underfoot as they look are having a renaissance. Here are the companies at the forefront of the rug revival

Story KARA O'REILLY

MADE TO MEASURE
Pattern designer Charlene Mullen originally developed her range of rugs from her existing signature designs. She has now expanded to offer a totally tailor-made design, size and colour service.
Foulard Star hand-knotted silk and wool rug, £600 per sq m to order, charlenemullen.com

MAIN PIC: MICHAEL SINCLAIR

BACK TO THE FUTURE (left)
Marrying traditional Turkish carpet-making skills with forward-looking design techniques, Stepevi's focus is on luxurious rugs that will stand the test of time.
Rose 137 wool and viscose rug from the Pixel collection, from £1,350 (1.7 x 2.4 sq m), stepevi.com

ABSTRACT EXPRESSIONISM (above)
Tania Johnson's Elements collection of rug designs plays with light and shade to create subtle, abstracted representations of natural features such as a stream or a forest.
Forest hand-knotted wool and silk rug, from £825 per sq m, taniajohnsondesign.com

COMPLETELY MOORISH (left)
Long the source for interior designers and the cognoscenti, Larusi is the go-to if you are looking for the best-quality Berber rugs – whether antique, contemporary or specially commissioned.
Vintage Beni Ouarain wool rug, from £1,560 (1.7x2.4 sq m approx), larusi.com

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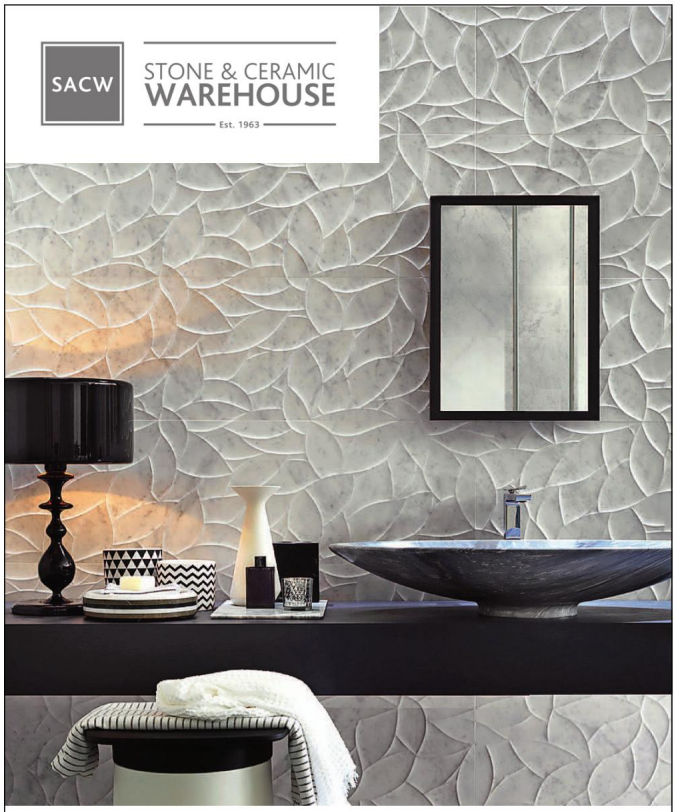

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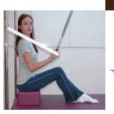

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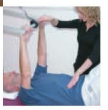

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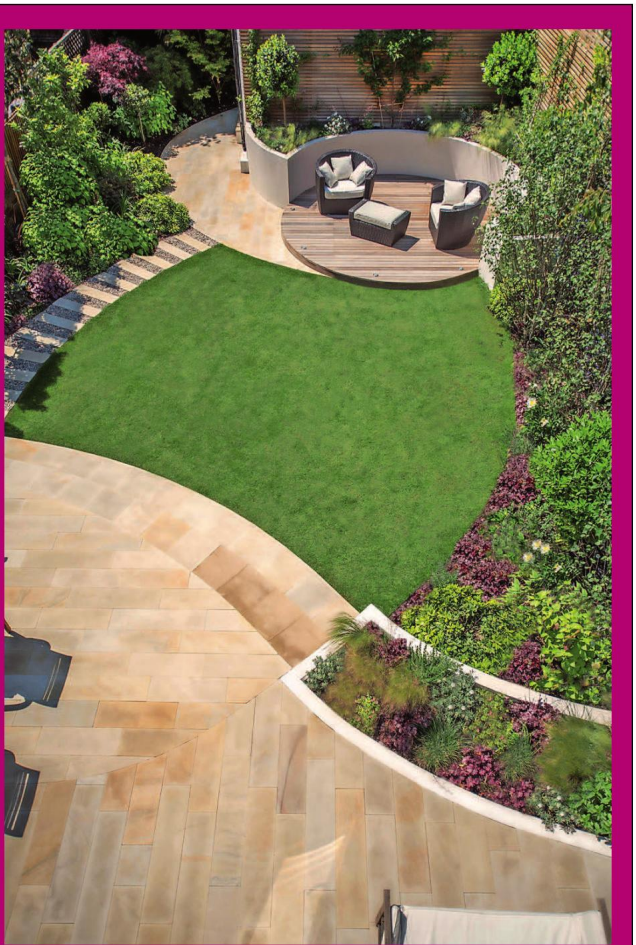

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MODERN VINTAGE STYLE BY EMILY CHALMERS AND ALI RAYNAL WITH PHOTOGRAPHS BY DAN TRELOAR (RYLAND, PETERS & SMALL)

GOOD VINTAGE

Emily Chalmers of independent interiors boutique Caravan (caravanstyle.com) has always had an impeccable eye. Now you can get an insight into how she gets her something old, something new look as Ryland, Peters & Small is re-issuing her book Modern Vintage Style. The Resident readers can buy the book for the special price of £14.99, inc p&p (rrp £19.99), by telephoning Macmillan Direct on 01256 302699 and quoting KC5

Design line

Pastel up top paired with wooden legs, white against metal or a pop of yellow alongside rose-gold – whatever combination you fancy, Cult Furniture are on hand to help you to have fun mixing seats and bases. These high and mighty Moda stools are the latest addition to their hit collection, and blend mid-century style with bold colour options.
Moda bar stool with arm rest in warm grey; £119; cultfurniture.co.uk

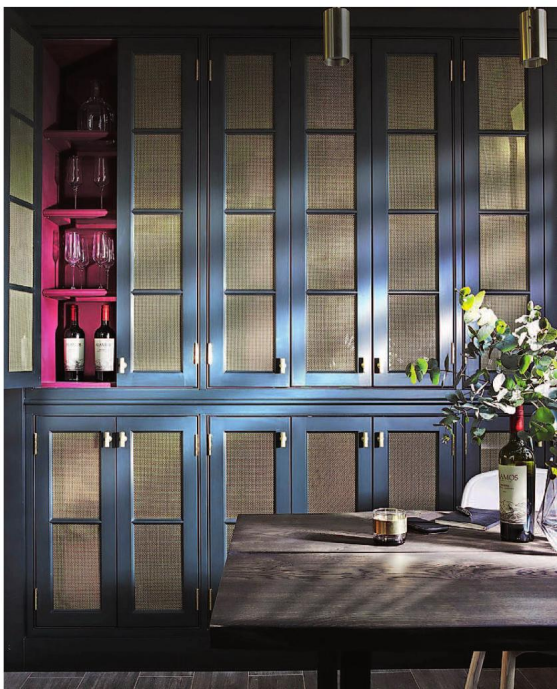
HOMES *NOTEBOOK*

Kara O'Reilly rounds up the latest in interiors

Leading light
Inspired by Italian design, Fiona McDonald has developed a British-made range of furniture and seating, together with Italian-made mirrors and lighting. The latter has thrown up a stand out in the form of the Luca wall lights, pictured here and priced from £2,130.
323 Fulham Palace Road SW6 6TJ; 020 7731 3234; fionamcdonald.com

TALKING SHOP

Holloways of Ludlow is launching a brand new showroom on Clapham's Northcote Road this month. In store you will be able to see its three latest designs - Broseley, Mortimer and Ludlow (right) - all created to celebrate the return of the workshop to its Shropshire roots. Kitchens start from £30,000. hollowayskitchens.com



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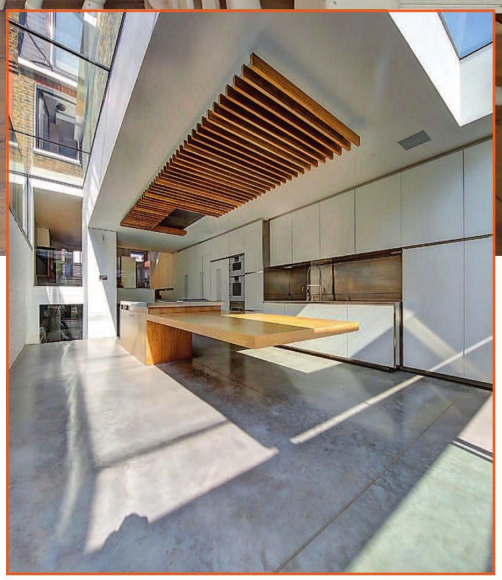

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ADAM BYATT

Bring restaurant-style cooking into the home

We all eat at home in some way or another, be it an evening meal with the family, an elaborate dinner party, or a decadent Mother's Day feast. I approach special occasions very differently in all three of my restaurants, with menus that reflect the quality and style that our customers have come to expect. When guests ask me if I cook to the same standards at home, my answer is always a simple 'yes', as while the dishes may be less elaborate, the ingredients and attention to detail remain the same. I am a firm believer that a solid foundation in basic cookery techniques, great quality produce, and a genuine love of the craft are all that is required to elevate even the simplest of home-cooked meals into dishes worthy of a special occasion.

I approach this philosophy very much as a chef, albeit one who loves to cook at home. There are a few recipes that I prepare at home that are true restaurant dishes, and while some of these require more stages to complete than you may want to do at home, this recipe for Chocolate Hot Pot is as brilliant as it is straightforward. Of the many less complex desserts that we've had on the menu at Trinity, it was this simple recipe that we found ourselves working on tirelessly, finally eliminating the flour completely to produce a gluten free pudding that delivers a warm, decadent chocolate soup and the ultimate chocolate hit. There is a world of difference between homemade confectionary and the ready-made variety, so when looking to round off a decadent show stopping Mother's Day feast, this is a recipe that just ticks every box.

4 The Polygon SW4 0JG; 020 7622 1199; trinityrestaurant.co.uk

CHOCOLATE HOT POT

Makes: 10

- 255g dark chocolate (70% cocoa solids)
- 255g butter
- 4 eggs
- 4 egg yolks
- 125g caster sugar

Preperation

- Roughly chop the chocolate and butter and place the pieces in a bowl.

1 Slowly melt the chocolate and butter in the bowl over a pan of gently simmering water, making sure they do not get too hot. Remove the bowl from the pan, and stir the chocolate and butter together well with a spatula. Allow to cool slightly, but keep warm.

2 Put the eggs and egg yolks into a separate bowl and whisk slowly with an electric mixer. Add the sugar gradually, a few spoonfuls at a time, and continue whisking until the mixture turns pale yellow and holds a ribbon trail when the mixer is lifted.

3 Using the spatula, gently fold the melted chocolate and butter into the egg mixture (taking care not to collapse the aerated eggs). Transfer to a container, cover and leave to relax in the fridge for an hour (or up to 3 days).

4 When you are ready to bake the hot pots, preheat the oven to 210°C/190°C fan/gas 61/2.

5 Spoon the mixture into 10 small ovenproof pots, coffee cups or medium-sized ramekins placed on a baking tray. Bake for 10-12 minutes until the centres are warm. Serve with good-quality vanilla ice cream – the combination of hot and cold takes this dessert to another level.

FRENCH *fancy*

As south west London favourite Gazette brasserie celebrates its 10th anniversary, we find out why Balham was the perfect launchpad

Words: SUDI PIGOTT

'It was in my DNA to love food,' explains Pascal Even proudly, who took over the cooking in his family at just 10 years old, speaking to me as he and Walter Lecoq celebrate the tenth anniversary of their restaurant, Gazette, in Balham. He had a formidable classical training in Paris working with iconic Michelin star chefs including Michel Rostang before coming to work in London. 'I believe cooking is like cycling, you learn it once and it stays with you forever. It was a tough training, almost like being in a military academy. I learnt to always think seasonally and to never stop creating. Today, at Gazette, I like to surprise customers by using ingredients they may not be familiar with, like chervil root from Brittany which is nutty and sweet.'

Lecoq, who hails from Pas du Calais, was one of nine children and always liked organizing and preparing meals too. He had a similarly illustrious training working with the legendary Alain Ducasse, first in Monaco and then in many of his restaurants in Paris, New York and Mauritius. 'I learnt with Ducasse to always be demanding of oneself and take things to an extra level,' he says. In London, he has worked with a number of top chefs including Richard Corrigan.

Even and Lecoq met through the

Pascal Even and Walter Lecoq of Gazette

The restaurants are convivial and classically French in style and atmosphere

French restaurant community, and decided they wanted to work together. Their first project 11 years ago was very modest – a crêpe stall at the short-lived Hildreth Street farmers' market.

Initially, they went after the property that is now M1lk, and then Pascal found the Battersea site by the river and they agreed it had huge potential – the rest is history. As Lecoq elaborates: 'From the start, we wanted to make it really convivial and like a mini France. Customers are very happy to see what they would eat in France on the menu and many are die-hard regulars. That's what really matters to us.'

'We never look for the easy way,' Even continues with huge pride. 'For example, our steak frites are made with impeccably bred Irish 30 day aged beef, and our frites are double cooked. We make our béarnaise daily. All our terrines are made here too.'

For their second restaurant the two wanted to return to Balham, as they like its neighbourhood feel. They opened on Ramsden Road before taking over a tired pub with a much larger, 100 seat capacity on the high road. Putney followed swiftly after, and Bellevue is their newest project, with a more of a restaurant than a brasserie vibe. Delectable dishes include scallops with anchovy croutons, mushroom velouté and grilled mackerel, capers and artichokes. The set lunch is a snip at £11. The building has been beautifully restored, making the most of its conservatory roof and terrace filled with their characteristic mix of unusual and gorgeous bottles, decanters, ceramics and books. 'We like to keep the customer entertained with plenty to look at.'

I believe cooking is like cycling. You learn it once and it stays with you forever

Both are longtime locals. Lecoq still lives in Streatham and recommends Manor Arms and Slurp for a great Thai, whilst his favourite French escape is SE France for sunny climate menus, the culinary links with North Africa, and its closeness to Italy. Even is now in Crystal Palace and can't imagine living elsewhere, except his beloved Brittany.

And the next ten years? They have a new concept in the pipeline – Gazette Petite – offering sandwiches, pastries and a daily dish all made on site. Their first branch is in Battersea's Plantation Wharf and they are looking to expand both Petites and Gazette Brasseries further. Meanwhile, Even sums up their mission: 'To simply keep on bringing authentic yet inventive, affordable French food to SW.' Vive La France!

Balham High Road SW12 9AA; 020 8772 1232; gazettebrasserie.co.uk

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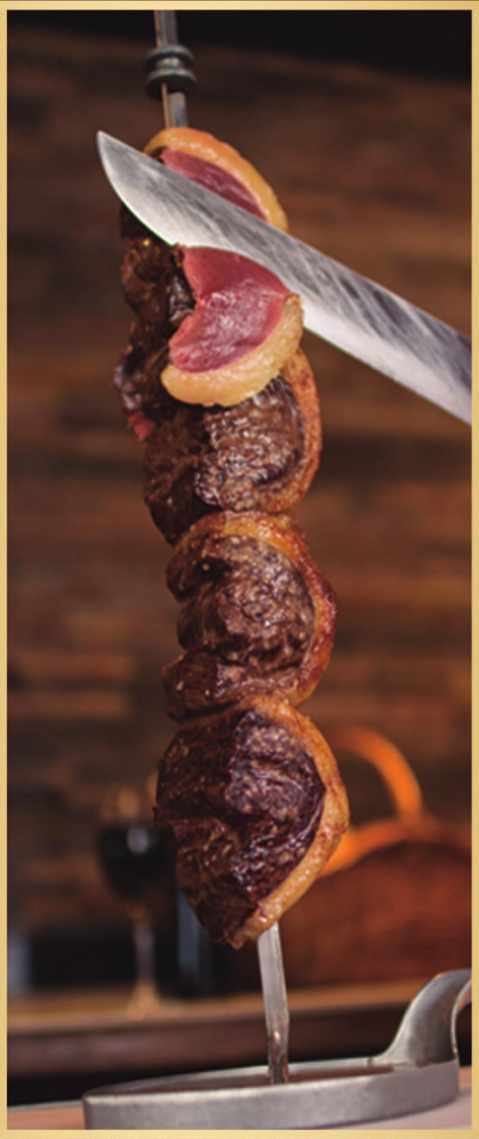

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thejamtree.co.uk

FOOD *NOTEBOOK*

The latest from SW's culinary scene

NEW FOR BATTERSEA

New additions announced for Circus West at Battersea Power Station will include Wright Brothers, Dodd's Gin and Ben's Canteen, a neighbourhood hangout specialising in burgers, wine and brunch. batterseapowerstation.co.uk

Pitching up in Putney
A new independent brasserie serving up an all-day menu is soon to open in Putney. Jules is to bring an unpretentious menu of international tapas-style dishes alongside stone baked gourmet pizzas, charcuterie and cheeses to SW15's dining scene.
5 Lacy Road SW15 1NH; julesputney.co.uk

HIGH SOCIETY

Balans Soho Society is celebrating its 30th anniversary since opening on Old Compton Street, and is marking the occasion by opening up in Clapham this month. Balans will be introducing their award-winning all-day menu, and inviting guests to enjoy lazy brunches, lingering lunches and candle-lit dinners.
balans.co.uk

Serious about steak
Balham steak restaurant Arlo's has joined the SW12 brunch scene with a knockout offering. We love the Bavette Benedict, served with the obligatory avocado and either an ice cold Berocca or a Bloody Mary. The Full Arlo's is made up of bavette, two fried eggs, vine tomatoes and toasted sourdough, while vegetarian version – The Other Arlo's – boasts sumac-grilled halloumi, wild mushrooms and spinach.
1 Ramsden Road SW12 8QX; 020 3019 6590; arlos.co.uk

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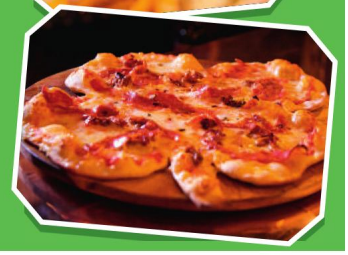

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PLOT

Words MADELEINE HOWELL

Charred cauliflower cheese with sherry pickled onion

Brixton Village is now well established as a destination for foodies, but those of you in the know will be aware that Tooting Broadway Market is the one to watch. The wheels are in motion, with Brickwood Coffee and Franco Manca already in residence. Elsewhere on the high street, The Castle and The Trafalgar Arms are great for pub grub. I'm also a fan of Meza, which serves up mean Middle Eastern cuisine. Now, cousins Mark Kimber and Harry Smith have opened Tooting's first restaurant serving up shareable modern British cuisine. Peckish punters can expect a menu rooted in provenance (for example, fish is sourced from local favourite Moxon's, and meat from Chadwick's) and served on sharing plates around the sociable open kitchen. Kimber and Smith are a friendly pair, and I get the sense that on any given evening I'd be likely to find them enjoying the 'banging' wine list, which champions home-grown vineyards. Food is served until 10pm WednesdaySaturday, but Plot is open for beverages until 12am. But although the drinks offering is top-notch, the food itself is sure to be the making of the venture.

COST
£65 for two including a bottle of wine or a few beers

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WHAT TO EAT...
Fight your friends over the confit pork belly with shallot purée

WHAT TO KNOW...
Pick a balmy evening to make the most of the open setting

RESIDENT RATING
★★★★

The concise menu changes constantly, and is masterminded by chef Giles Estob.

Having grown up in Norfolk, the roast cod with curried tartare sauce and samphire was an obvious choice, and proved delicious. My companion and I found ourselves fighting over the confit pork belly with shallot purée, and attempting to politely divide the smoked haddock croquettes into equal portions. We also ordered a roast hispi cabbage with hazelnuts with a view to upping our veggie consumption, and found it to be a delight.

We ordered two puddings to share, and didn't regret it one iota as we scoffed both a blood orange marmalade bakewell with clotted cream and a ramekin of velvety burnt cream with poached rhubarb.

We come away certain that this won't be the last Plot kitchen we see emerge from Kimber and Smith's partnership - they're certainly plotting something...

Unit 70-72, Broadway Market, Tooting High Street SW17 0RL; 020 8767 2639; plotkitchen.com

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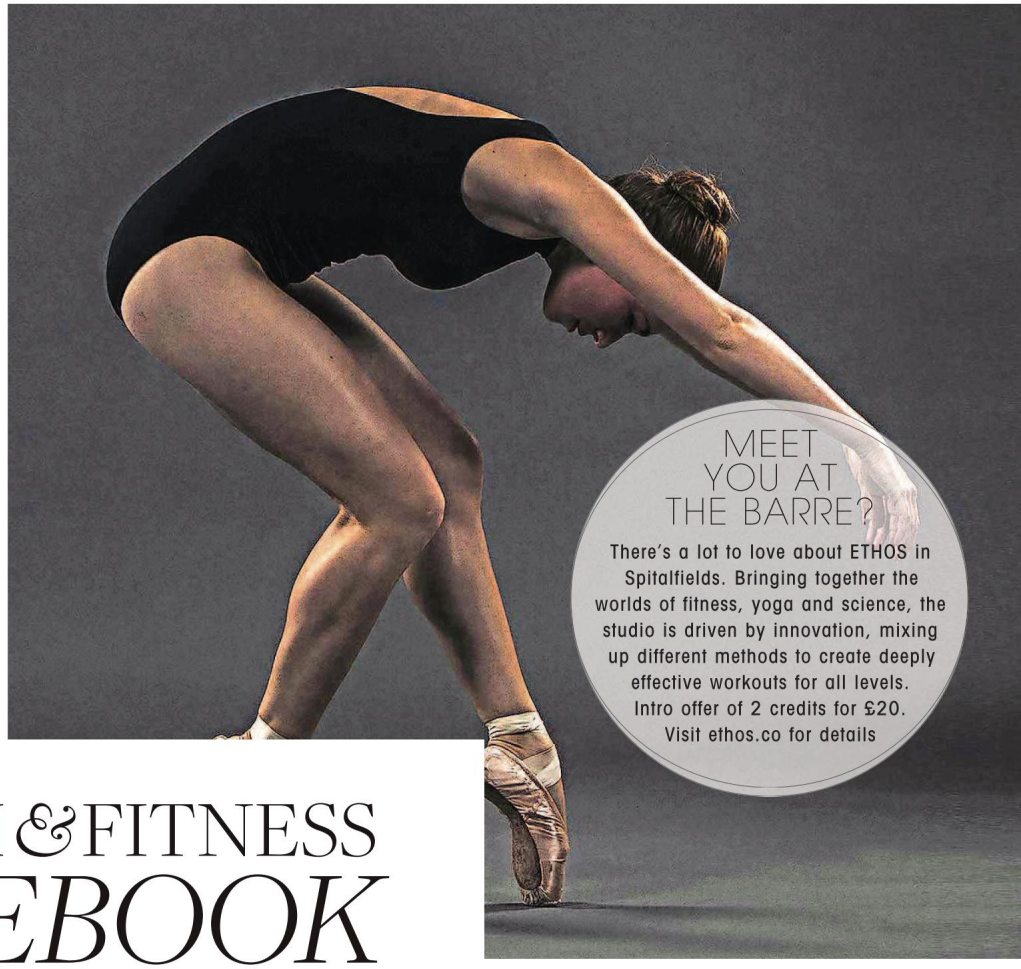
126 Upper Richmond Road SW15 2SP; retreatlondon.co.uk

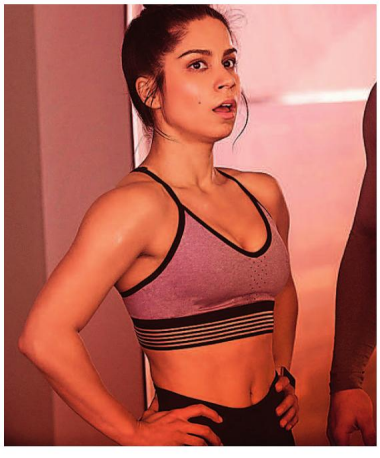


MEET YOU AT THE BARRE?

There's a lot to love about ETHOS in Spitalfields. Bringing together the worlds of fitness, yoga and science, the studio is driven by innovation, mixing up different methods to create deeply effective workouts for all levels. Intro offer of 2 credits for £20. Visit ethos.co for details

HEALTH & FITNESS NOTEBOOK

The latest in wellbeing from Shona Wallace



Feel the burn

You can always count on Equinox to raise the bar. The latest addition to the Kensington's club's schedule is the Firestarter class, a lifesaver for time-strapped Londoners. It is an explosive evolution of HIIT, condensing an entire day's worth of cardio into just 30 minutes of lightning-fast interval drills.
99 Kensington High Street W8 5SA; equinox.com

BEAUTY EDITOR'S PICK

Master perfumer Yann Vasnier takes us on an olfactory journey through Charleston Farmhouse – the home of the free-spirited Bloomsbury Set – with five Limited Edition scents, launching in March. jomalone.co.uk

3 of the best SUPERFOOD TRENDS

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THE ANTI-INFLAMMATORY: Pukka Turmeric Active supplement, £15.95 for 30 capsules from shop.pukkaherbs.com

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Richard Chetwood and Anne Knightley, June 1601.

Late Elizabethan Oak Overmantle
English, West Country, dated 1594
Provenance: Godolphin House,
Cornwall

Mid 17th Century
Inlaid Oak Armchair
English, circa.
1640 - 1650

Late 19th Century
Art Glass Vase
by Thomas Webb
English, circa. 1880-1890

Late Elizabethan
Inlaid Armorial Desk Box
English, circa. 1600
Provenance: Robert Rich,
2nd Earl of Warwick,
1587 - 1588

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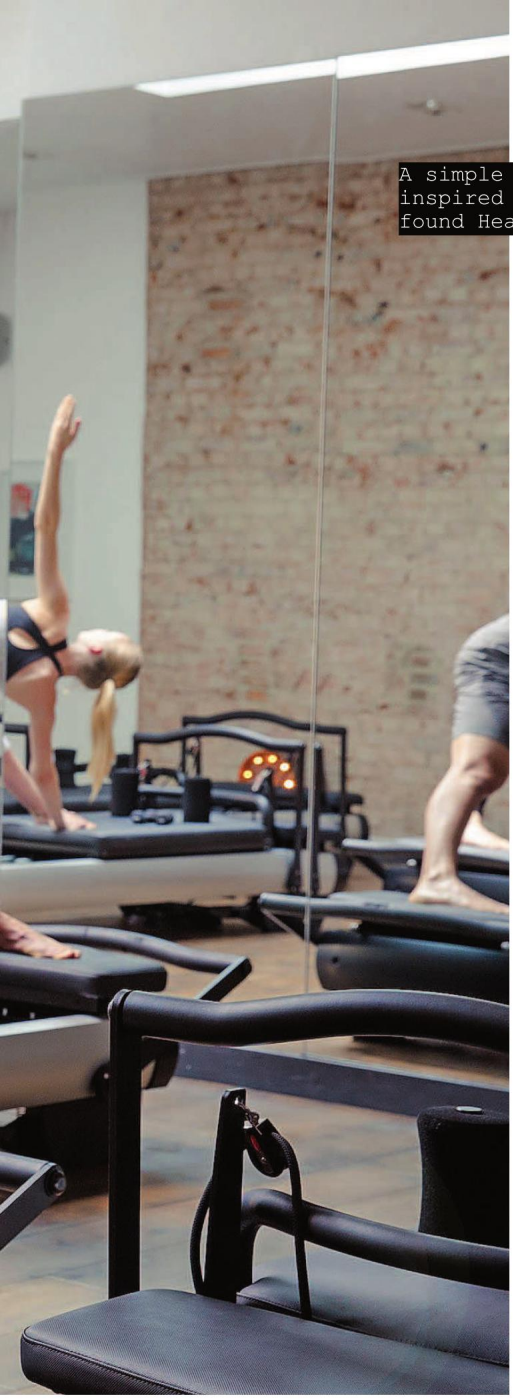
FROM *the* HEART

How Fulham gym Heartcore is leading the way with the ultimate feel-good dynamic Pilates

Words MADELEINE HOWELL

It is no exaggeration to describe celebrity favourite Heartcore as a pioneer of boutique fitness. It's where Londoners in the know go to sculpt their bodies to perfection, and to get a guaranteed endorphin fix to boot. High-profile fans of their signature dynamic Pilates workout – which will challenge muscles you never knew you had on special reformer beds, designed exclusively by founder Jess Schuring – include *Made in Chelsea's* Lucy Watson. Schuring herself has trained a roll call of A-list names including Lara Stone and Ben Stiller, and despite the fact that she now runs eight studios across London, she still carves out ten hours a week to teach the classes herself.

A quick chat with German-born Schuring, who cut her teeth in LA,



A simple love of movement inspired Jess Schuring to found Heartcore

makes it clear that Heartcore is more than just a fitness studio to her. 'My passion is people, not just fitness. I want you to be happy in your own skin, even more than I want you to be fit,' she says. 'Starting from that place of caring has been the blueprint for everything we do at Heartcore – from our amazing instructors to the warm, inviting studios and the little touches and treats that make you feel special as a person.'

It's a philosophy that I experience for myself first-hand at the energising Fulham studio, where Pukka teas are unlimited, a bowl of fresh fruit beckons, and luxuriant showers are fully kitted out with gorgeous Cowshed products and fluffy towels. The Pilates class that I trial consists of effective, targeted movements, including a whole host of unusual exercises involving resistance and pulleys that both strengthen and lengthen the body. It's this, a simple love of movement, which was the catalyst for Schuring's success. 'The fitness scene as it is today didn't really exist when I was young,' she says. 'I was an avid horseback rider and as I got older I developed a passion for long distance running. I really liked how movement made me feel. Not only does it have a physical effect, but it clears your mind.'

I want you to be happy in your own skin, even more than I want you to be fit

The class is accessible to all, but extremely challenging depending on how far you can and want to push yourself. It's also good fun. For Schuring, it's a means of damage control. 'It not only makes you feel great, but it undoes some of the damage we do through lack of awareness – whether from rounding our backs, or sitting too long at a desk, or not being aware of how to use the core and strengthen the spine.'

As well as dynamic Pilates, Heartcore offers TRX, Barre, Ride2Tone and Flow Yoga. For Schuring, these five core programmes offer the perfect mix of athletics, cardio and mindfulness. Her particular brand of TRX training is low impact, as opposed to high intensity. 'We were first to bring TRX into a group environment. What I love about it is that it's very functional. It's about understanding your body, using gravity to create resistance and learning how to move properly.

'I don't believe that a tough, calorie burning workout necessarily needs to be high impact. High intensity classes can exclude those who are injured, not fit enough, or don't know how to move well, and can do more damage than good.' The Barre class is the lowest impact and is ideal for pre-natal fitsters. So, whatever your capabilities, if you're looking to find joy in movement and take care of your body, Heartcore might be the one for you.

Heartcore Fitness, 723 Fulham Road SW6 5UL; 020 7435 5078; heartcore.co.uk

3 of the best FOR PILATES IN SW LONDON

KATIE'S PILATES
Katie's Pilates in Tooting offers more traditional mat classes in the style of Joseph Pilates, fused with body conditioning to chisel and define. Beginners need no previous experience. According to the founder, it's the perfect way to build strength and stamina without adding bulk.
ktspilates.com

FITNESS FUSIONS
Fitness Fusions has two studios in Clapham, offering classic yoga and Pilates sessions, as well as hot classes, barre and reformer classes. One studio is set in a former sculptor's studio in a tranquil courtyard setting, while the other is on the Clapham High Street and is set over three floors.
fitnessfusions.co.uk

PEPILATES
Pepilates offers classical Pilates in both Clapham and Wimbledon and believe that there is no need to mess with the original method conceived by Joseph Pilates. The luxurious studios are the perfect place in which to unwind and take care of your body with some classic moves.
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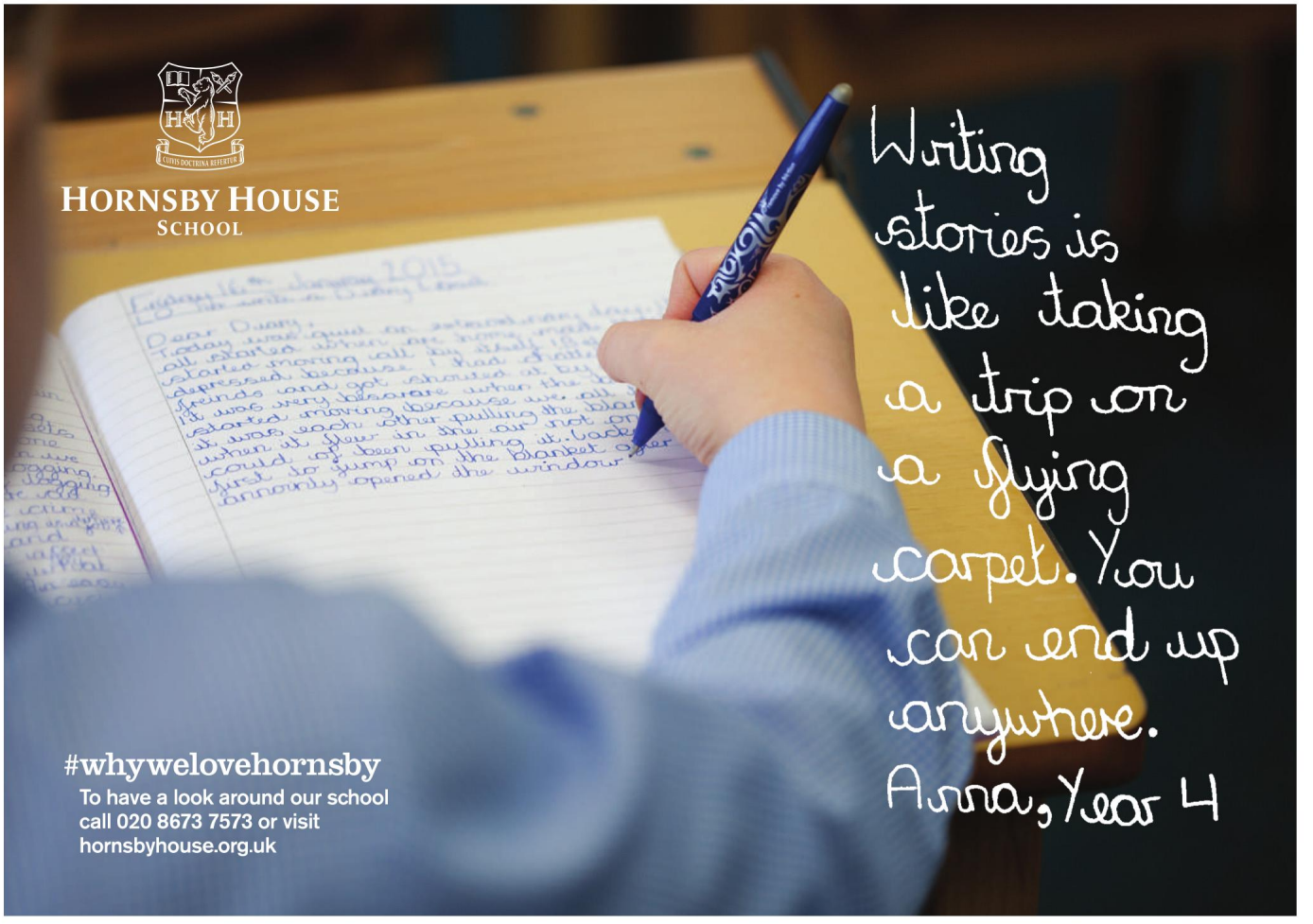

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The boarding experience at the likes of Rugby, left, and Christ's Hospital is life-changing

Question TIME

The start of a series of articles looking at some of the biggest decisions parents and children need to make when it comes to their schooling. First up, boarding or day schools?

Words BELLA AUDSLEY

Enjoy Education will be running a series of articles in 2017 to address the common questions they receive from parents when making key decisions for their children's education. We begin the series by addressing one of the most popular dilemmas parents face: whether to choose a boarding school or a day school. Every school is unique, however here are some overarching practicalities to consider.

What impact do schools have on family life? When families are choosing whether to board or not, one of the first questions they may ask is what it will be like to be apart. Contrary to popular belief, boarding can promote strong family relationships. Living separately during term time can prevent parents and children arguing over everyday matters (room tidiness, homework, bedtime), allowing families to spend quality time together over the holidays. Regardless of whether you choose boarding or day, it's important to find a school that reflects your family's values. Although parents with children at day school will find they have more control over everyday decisions in their child's life and upbringing, all schools play a huge part in your child's development. Pastoral care should be central to the ethos of all schools, especially if your child is boarding, with support networks in place to help children grow into happy, confident learners.

What role do schools play in daily routine? Parents with busy work lives may find that boarding school offers the best option to give their child the support and supervision they need. Pupils can pursue their hobbies and save time and energy avoiding extensive travel back and forth between various clubs and activities. If your child is at a day school, travel can naturally occupy a substantial portion of your family's free time. However, it's likely that you will have more access to your child's day to day developments at school. These daily catch ups are harder to foster in boarding schools, but phones and Skype sessions can help!

How do schools foster independence? At boarding school, children experience a fully immersive education both inside and outside of the classroom. Pupils who board have the opportunity to gain life skills out of traditional school hours, preparing them well for independent living at university and beyond. Day school pupils on the other hand are responsible for organising their own schedule, which can help them to strike a good work/life balance in the future.

However, the independence offered by boarding schools can be lonely, sometimes for parents more than their children. Children may inevitably feel homesick as they become accustomed to being away from home for the first time.

Whatever decision you make, it's important to remember that each child is different and therefore the environment that they flourish in may also differ. There is no right or wrong answer, only what is right for you and your family. You may want to choose between boarding or day school for different stages of your child's life. The key is to find a school where your child feels at home, whether they decide to make it their term-time home or not.

For more advice and further information, visit enjoyeducation.co.uk or call 020 7352 8800

Alleyn's School's Sweet Readers are bringing a lot of joy to the local community and beyond

SWEET DREAMS

Alleyn's School's Head of Outreach describes the impact of pupils heading into the community to meet elderly people in need of a little connection

Words NATALIE DEMAIN

As soon as the opportunity was presented to me – to help become a driving force behind the international movement for 'Sweet Readers', a charity that connects young people with the elderly suffering from Alzheimer's disease – I knew that it was worth investing the time and effort to make it happen. And indeed it was.

We are all affected in some way by old age; whether it is contact with grandparents, neighbours or indeed simply the realisation that we are ageing ourselves every day. To enable our young peoples' eyes to be opened to Alzheimer's disease and to connect with their elderly partners each week has been astonishing and I am not ashamed to admit that every week I am overcome with emotion watching as the relationships develop. Indeed, on week one of the programme, I was unsure about whether we could do this – a whole host of problems occurred that were difficult to manage and, as secondary teachers, we were very much 'out of our comfort zone'. Yet I shouldn't have been worried. As I looked over at one of our young Sweet Readers, Alfie aged 11, and witnessed him simply put his hand over his elderly partner's saying 'it's ok, I'm so looking forward to getting to know you' and seeing the calming effect on Anita, aged 85, I thought 'Wow – I can learn so much from our youngsters'. Powerful learning that goes so far beyond a classroom.

So at Alleyn's School, we decided to invest fully in the project and have now re-designed our timetable to allow two classes of pupils to participate in Sweet Readers in our first year. We take out 13 pupils at a time, with the remaining 13 staying in school and receiving more personalised teaching in their subjects at school. After six weeks of the project, the children then rotate, to allow every single member of the group to get involved. This inclusivity is so very important – the young people are not hand-picked and even the shyest, most reluctant pupils have demonstrated an amazing journey and new found confidence through the project. Every week, our Sweet Readers are literally 'buzzing' and wanting to share what they have learned about their elderly partner with our team.

So I am incredibly proud to be a part of this amazing initiative and the first British school to take on this work. Not only do I firmly believe that this is an example of life-long learning, it has also really helped open my own eyes as an adult to identity, to discovering the person behind the disease and has brought a richness to my working week. I now can't imagine my job without it.

Pupils and staff at Alleyn's School engage in a range of outreach, community and partnership projects. For more information, contact Neil Green or Natalie Demain on 020 8557 1500 or visit alleyns.org.uk; sweetreaders.org

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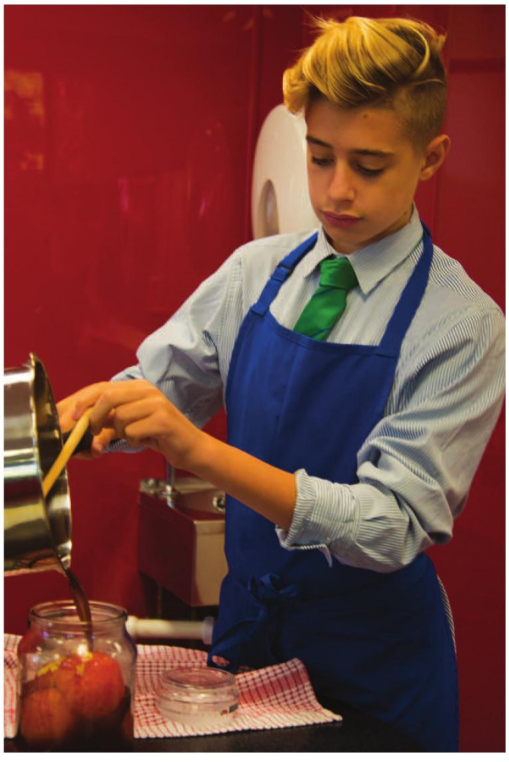

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June 28th (9.15am)

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West heading north

A property price index from home services marketplace, Plentific.com, has named Hammersmith one of London's hottest housing markets of 2016. Average property values have risen by over 17% in the last year, making it ideal for home makers and property investors who want to take advantage of the buoyant market.

A new development of note in the area is Bellway Homes' Bentley Place, located in Bute Gardens and offering a quiet sanctuary away from the hustle and bustle of London life. Bellway is offering two and three bedroom contemporary apartments at the boutique-style development, with the design making the best use of natural light and space throughout, with a number of private underground parking spaces available to purchase.

Prices start from £799,995 for a two bedroom apartment. For further information, visit bellway.co.uk or call 0333 202 5173

Crowning glory

One Crown Place, a major new mixed-use scheme on the edge of the City of London developed by AlloyMtd Group, has launched residential sales to the public. Located in London's historic Sun Street conservation area, the development is set to deliver a total of 246 private apartments, a boutique hotel, 140,000 sq ft of premium office space, retail units totalling 7,000 sq ft, and a historic Georgian terrace that will be fully restored as part of the scheme. One Crown Place is a combination of modern, cutting-edge architecture housing a mix of high specification offices with spectacular apartments across several buildings, including two striking terracotta clad towers.

onecrownplace.com

PROPERTY *NEWS*

Exploring London's newest developments

Cut to the Chase

Nestled at the end of a tree-lined cul-de-sac between the largest of The Royal Parks and the River Thames, Richmond Chase by Berkeley Homes boasts a collection of superb family homes in an enviable location. Residents looking for a luxury living experience that offers both sophistication and convenience will be ideally placed to enjoy a rare combination of countryside and city; the backdrop of the expansive natural landscape of the park is complemented by the charm of village life found in the boutiques and restaurants of nearby Richmond. The first phase of homes available comprises a collection of three, four and five bedroom family homes inspired by the existing Georgian and Victorian architecture of Richmond Village.

Prices at Richmond Chase start from £1,440,000. For more information call 020 3883 4198 or visit richmond-chase.co.uk

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153 Lavender Hill, London, SW11 5QJ

TALK OF THE TOWN

City townhouses are popular again with families looking for space and style

Words FIONA BRANDHORST

Townhouses were traditionally just that – a house in the city during the social season for wealthy country residents of the 18th Century. Often arranged along wide tree-lined avenues or around leafy squares these terraced, multi-storey homes are among the most sought-after and highly priced in London today.

Enjoying a Zone 1 central location, Alchemi Group's Hudson collection of five restored townhouses in leafy Leinster Square reflect the grandeur and prestige of Notting Hill's Victorian architecture. Spread over three floors, these spacious three and four-bedroom homes retain many original features including Grade II listed sash windows, staircase and iron wrought railings associated with these properties. Priced from £5.995m through Hamptons International, most of the homes have private vaults for laundry use.

Hillgate House, also in Notting Hill, is a new build contemporary townhouse-style property designed by award-winning Seth Stein Architects and on the market with Harrods Estates for £6.75m. Set behind a traditional façade and arranged over four floors, the house has the living space on the upper levels and is filled with natural light. There are three principal bedroom suites, an additional guest suite and integral garage. The lower level includes a plunge pool and entertainment space.

Charlie Killeen, Director at Dexters Notting Hill Estate Agents, comments: 'We are finding that townhouses command a premium in the luxury London market with many people still attracted to the classic style of a townhouse. Those that have been modernised, but retain a period façade or historical features, are especially coveted as they offer the perfect balance.' Dexters is selling a contemporary, interior designed three-bedroom townhouse with secluded patio garden in Moscow Road, close to the soon to be rejuvenated Bayswater and moments from Hyde Park, for £1,999,950.

According to the latest research from Lloyds Bank, Eaton Square, in the heart of Belgravia and celebrated home of the iconic white stucco townhouse, has been crowned the most expensive street in the country with an average price of £16,944,000. A rare freehold, seven-floor townhouse on Wilton Place is being sold by Harrods Estates for £14m.

'The trend of converting townhouses into apartments, embassies, offices or

Clockwise from bottom left: St James Fitzroy Gate; Berkeley Homes' Chiswick Gate; the exterior of Wilton Place

hotels is finally reversing with many of Belgravia's grand townhouses being redeveloped back into single family homes,' adds Shaun Drummond, Sales Director of Harrods Estates, Knightsbridge.

In St John's Way Battersea, London's leading housing association Peabody is transforming the lifestyle of townhouse living with its exclusive selection of executive homes set over three floors. The Danvers Collection is a reinterpretation of the townhouse featuring spacious interiors, ample storage and private terraces, making them attractive to professionals who like to entertain. Prices start from £975,000 for a three bedroom executive home. Sarah Butler, Sales & Marketing Director at Peabody, comments: 'Buyers are now shunning the romanticized notion of having a Victorian townhouse to instead look for sleek, modern living over three floors.'

Townhouses command a premium in the luxury London market

In Fulham, Riverside Barratt has launched its Townhouse Collection of just eight homes influenced by the distinctive riverside warehouses in the area. Situated on west London's prime waterfront and surrounded by an acre of tiered landscaped gardens, Fulham Riverside is a short walk from Imperial Wharf station. The five and six-bedroom townhouses feature a personal lift to all floors, accessed from the underground basement car park. Prices start from £3.9m for a five-bedroom, five-storey townhouse and completion is expected in late 2020.

Along the river, Chiswick Gate is a collection of three, four and five-bedroom townhouses by Berkeley Homes inspired by the timeless quality of London's classic, residential squares. Enjoying views over a beautifully-landscaped, pedestrianised boulevard or the lush garden square, which form the heart of this new community, it's close to Chiswick High Road. Prices start from £1.93m for a 1,822 sq ft home.

Two developments by St James Fitzroy Gate in Old Isleworth are set to complete in 2017. Fitzroy Gate is a luxury gated estate of 39 four, five and six-bedroom, four-storey homes. Prices start from £1.25m. Brewery Gate is an exclusive collection of 28 spacious four and five-bedroom townhouses, with prices starting from £1.55m.

Guide price: £1,375,000

Marney Road, Battersea SW11

A beautifully presented Victorian family home with fantastic entertaining and living space throughout. 5 bedrooms, 2 bathrooms, reception room, kitchen/dining room, cellar, garden. EPC: D. Approximately 173.07 sq m (1,863 sq ft).
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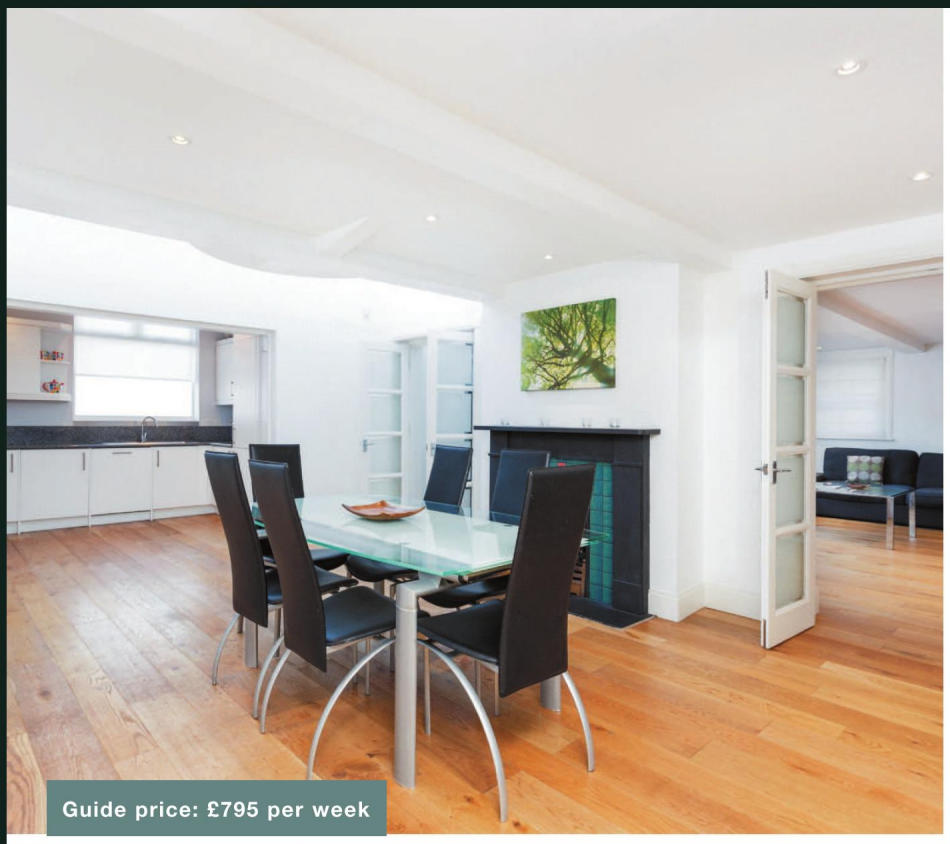

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Guide price: £1,200 per week

Ballingdon Road, Between the Commons SW11

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Available unfurnished.
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Capital Building, Embassy Gardens SW11

Penthouse located on the fifteenth and sixteenth floor for let

This property boasts an impressive 2286 sq ft of internal living space. As well as a fantastic roof terrace on the top floor of the Capital Building and offers spectacular views of the River Thames and the rest of London. The property further benefits from a large reception room with large windows flooding the room with natural light, a kitchen and dining area and 3 double bedrooms. EPC:B.

Available furnished

Guide price: £2,350 per week

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MY MONTH

Knight Frank's Katie Hyndman on the market, rabbits and A-listers

What has been the most challenging aspect of your month?
The most challenging aspect has been educating clients into reducing their properties and trying to make them aware of the current market, and how being price sensitive right now will eliminate a further void period.

What has been your personal highlight?
My personal highlight has been being involved in renting some of the first releases of the Battersea Power Station. It is a very exciting time for the Battersea and Nine Elms area.

Describe an exceptional property that has come on to the market...
We have a stunning two bedroom property on the 9th floor in Vista that is overlooking Battersea Park – the views are great and make you feel like you are in Manhattan overlooking central park.

What has been the most surprising thing to happen to you?
Brushing shoulders with Victoria Beckham.

Describe what has been your favourite local lunch spot recently?
My favourite local lunch spot is the deli in Chelsea Bridge Wharf, it is a great place to pick up a hot chicken sandwich and then stroll along the river front (subject to the weather of course).

How has the market been performing?
It is very positive, with the Battersea Power Station opening up and more completions within the Vista building on Queenstown Road, there have been a flurry of people interested in the area.

What local campaigns have you been involved with recently?
We sponsored the Battersea Fireworks, which was a tremendous success, as well as a local Police Ball.

What are you most looking forward to next month?
For Vista's second stage to open as well as the commercial side of Battersea Power Station opening up. There will be cafes, boutiques and restaurants aplenty.

What has been the most unusual question or request you've received from a client?
Many years ago, an elderly client of mine used to keep rabbits in her flat and she did ask if the rabbits could stay since it had been their home and if the tenants could look after them!

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Burnbury Road,
SW12
£650,000

A charming Victorian ground floor maisonette in the Hyde Farm Estate comprising of an elegant living room with original features, two double bedrooms, kitchen/breakfast room and a 62' rear garden including the side return. Energy Efficiency Rating: D

Prince of Wales
Drive,
SW11
£507 per week

A Victorian property, set within 0.7 miles of Battersea Park Rail Station making it ideal for three professional sharers. Energy Efficiency Rating: C

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Southfields & Earlsfield

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Revelstoke Road,
SW18
£725,000

A simply breathtaking two double bedroom ground floor period garden maisonette of truly sizeable proportions. The property has been meticulously refurbished to an exacting standard, making the very best of today's modern fittings. Energy Efficiency Rating: C

Brookwood Road,
SW18
£2,900 per month

A family home set over three floors, lovingly cared for by the current owner and located in the ever popular Southfields Grid. Further benefits include a south facing rear garden, external storage and a home security system. Offered part-furnished and available 1st March 2017. Energy Efficiency Rating: C

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Putney

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Glycena Road,
SW11
£1,000,000

This beautifully presented, three bedroom late Victorian house is located away from the hustle and bustle of the main streets yet still close to all all local amenities and excellent transport facilities. There is a south-westerly facing patio garden and the loft has not yet been converted, therefore offering extra storage space or an opportunity to add space and value. Energy Efficiency Rating: D

Fawe Park Road,
SW15
£1,800 per month

Situated on the top floor of an elegant mansion block is this three double bedroom apartment. The property is offered on unfurnished basis and benefits from being repainted throughout and communal garden. It would make an ideal home for a professional couple looking for a spacious elegant home within minutes of Putney High Street. Energy Efficiency Rating: F

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North Lodge Close,
SW15
£699,950

With a front garden leading to your own front door, you are welcomed into an open plan kitchen overlooking the front of the house, space for a dining table, and a sofa overlooking your rear garden with patio doors letting in light. Upstairs in both double bedrooms are big windows making the house feel bright as the sun passes over. Energy Efficiency Rating: E

Roehampton Lane,
SW15
£1,650 per month

This modern home is situated on the first floor of a new development, offering a fusion of stylish interior and generous space. Offered on unfurnished basis and benefits from one off road parking space. This apartment would make an ideal home for a professional couple or two professional sharers. Energy Efficiency Rating: B

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JEFF BATHIJA

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How to ensure your four walls stand out

We've spoken in the past about the popularity of loft conversions; basements being transformed into extravagant games rooms; roof terraces; and the ever-popular side-return extension leading to an impressive transformation of the kitchen into an open-plan living/dining/family space. Of course, these all remain popular, but their ubiquity means there are fewer and fewer properties that don't boast at least one of these attributes making it increasingly hard, in some respects, to create stand-out.

Cosmetic improvements don't have to cost a fortune to carry out and they don't require any planning permission, but they can have a significant role to play in ensuring that the first impressions of a property make a big difference. Many of these will come as little surprise. Neutral, high quality décor possibly peppered with a tasteful feature wall spent many years being showcased on TV home improvement programmes, but are now a staple of a home that has been thoughtfully decorated. Quality wood or wood effect flooring is similarly a feature of a home that will appeal to many.

This property on Hambro Road shows how good decorative taste can add appeal

Cosmetic improvements don't cost a fortune to carry out and they don't require planning permission

Lewin Road SW16
£3,200 per month
This substantial five-bedroom home is immaculately presented and displays the highest attention to detail in both its décor (wood flooring throughout the ground floor) and its exterior finish, and offers neat and well maintained front and rear gardens.
Andrewsonline.co.uk; 020 8769 7722

Metro-style tiles, meanwhile, have come a long way since being associated with Victorian public conveniences. Nowadays, a fully-tiled bathroom or kitchen is increasingly viewed as a must-have feature of a new home – assuming of course they're coupled with a high-quality bathroom suite or kitchen units and appliances.

But the importance of decoration doesn't end inside the four walls of a home and where there is a garden with a property, we're seeing more and more lawns being laid with artificial turf to offer a low-maintenance option. This is particularly popular in properties being purchased as rental investments. Many tenants will like to have a garden, but not to actually do the gardening themselves!

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Durham Road, SW20

An end of terrace house arranged over three floors, located 0.4 miles from Raynes park station.
Reception room, kitchen/family room opening onto the rear garden, master bedroom with roof terrace, 3 further double bedrooms, 2 bathrooms, 2 shower rooms; off street parking. No onward chain. EPC rating B

£1,590,000 Freehold

Lansdowne Road, SW20

A linked-detached three bedroom Coach House with a south-west facing garden and off street parking.
Kitchen/dining room, reception room leading onto conservatory and in turn onto the garden, 3 bedrooms (1 with en suite shower room), family bathroom. No onward chain. EPC rating F

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Russell Road, SW19

A refurbished and extended end of terrace house, located 0.4 miles from South Wimbledon station and 0.2 miles from Merton Park tram stop.
Reception room, kitchen with Miele appliances/family/dining room, 4 double bedrooms, 2 bathrooms, cloakroom. No onward chain.
EPC rating D

£1,250,000 Freehold

Burghley Road, SW19

A first floor apartment in Wimbledon Village, located 0.7 miles from Wimbledon station.
Reception/dining room, kitchen with breakfast bar, 2 double bedrooms, bathroom; allocated parking, communal gardens.
EPC rating C

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Church Road, SW19

An end of terrace house in a development in the heart of Wimbledon Village, located 0.7 miles from Wimbledon station.
Reception room, open plan kitchen/dining room, 2 en suite double bedrooms, single bedroom, utility room, cloakroom; paved garden.
EPC rating D

£3,100 pcm (*fees apply)

West Side Common, SW19

A two bedroom apartment in Wimbledon Village, located 1.1 miles from Wimbledon station.
Reception room, kitchen, 2 double bedrooms, shower room, separate cloakroom; communal gardens, off street parking for one car.
EPC rating C

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Anna Czaban, Associate Lettings, Knight Frank Clapham

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Who it would suit…
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My favourite room…
The reception room that is full of natural light.

Why you should rent it…
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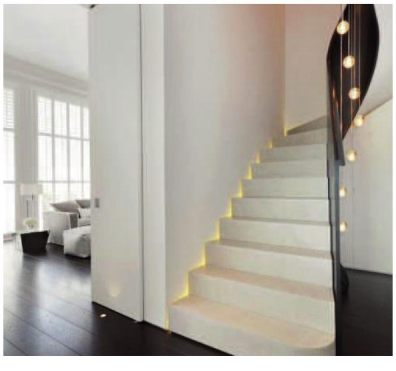

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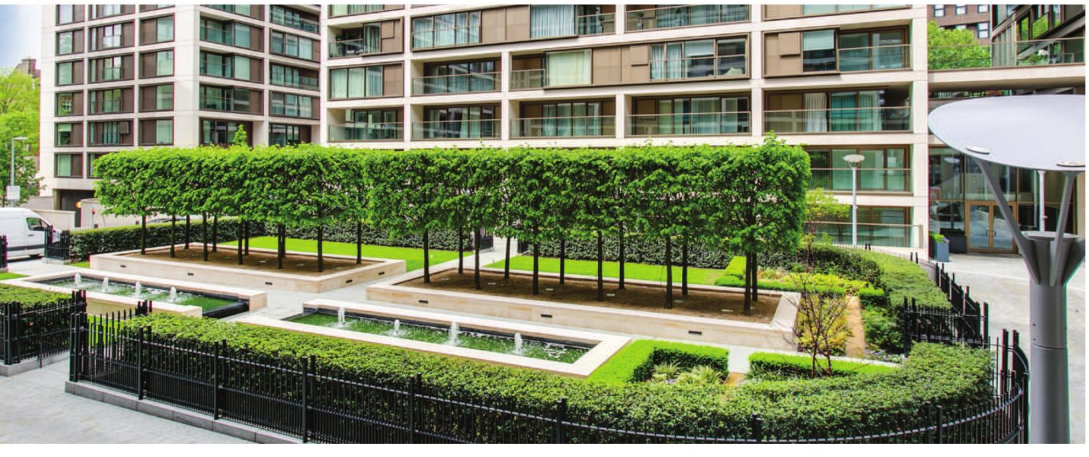

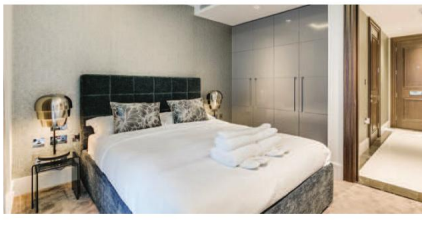

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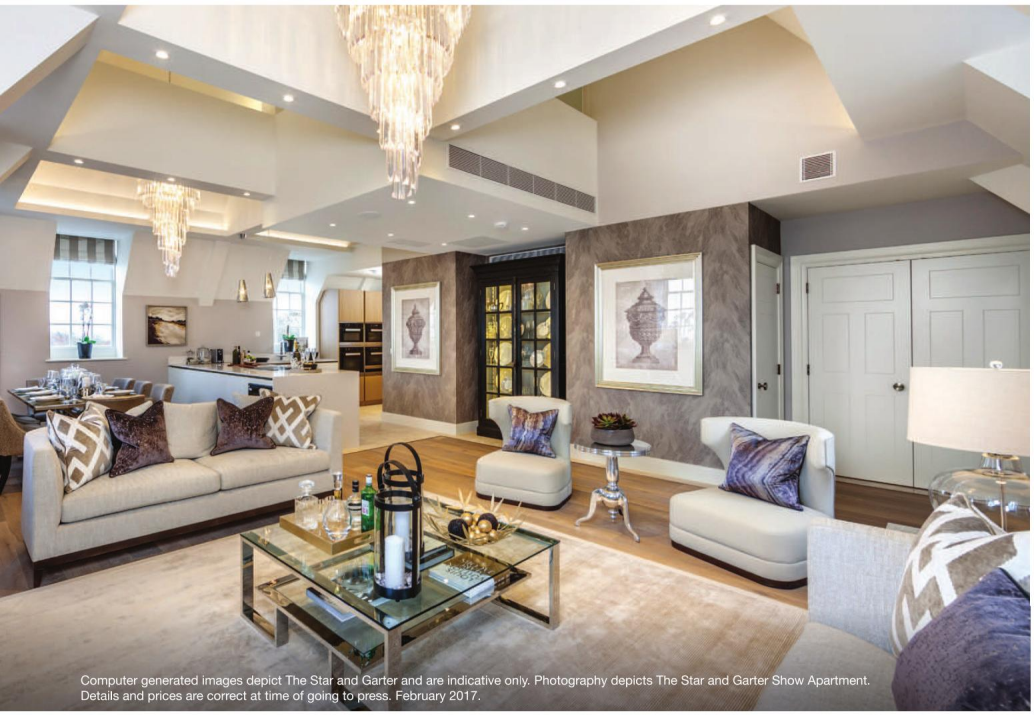
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PROPERTY POSERS

Buying a property should be about asking the right questions

With the Government launching their latest drive for UK housing in the white paper Fixing Our Broken Housing Market, those on the search for property should not only be looking out for new opportunities, but ensuring they are asking the right questions.

The 'extras'

The 'extras' of buying a property can amount to a hefty bill, with solicitor fees, removal costs, surveyor and valuation checks, agent costs, and mortgage broker services. The biggest burden of all is stamp duty, costing buyers anywhere from 2-12 per cent of their property, and that's before you count the additional 3 per cent if you already own a property.

It is important buyers understand the full implications of these costs and how, with the correct advice, they can ease financial pressures. Whilst buyers would never consider buying property without the advice of a solicitor, the same rule should be applied to all aspects of a property transaction. What is even more important is for buyers to understand that, just as their home is individual to them, so should be the advice they receive when buying a property. Unfortunately this is too often not the case!

Advice is essential

The right advice on the tax you pay on a property transaction is vital, as it is the single largest cost after the property itself. This isn't limited to stamp duty, but covers Capital Gains Tax, Inheritance Tax and Annual Tax on Enveloped Dwellings. Specialist property tax advisors can build a solution around your personal circumstances, looking beyond merely the property you are buying, to include your situation, and how the purchase of a property sits within your life.

Promising times ahead

The housing white paper was good news for London and the UK. It means more homes will be built in some of the most thriving areas of the city, with the UK overall set to see 150,000 homes built each year, unlocking opportunity for investors and owner-occupiers. Buyers need to ensure they are making the most of fortuity in the market, but most of all that they are getting the best deal every step of the way.

Seeking professional, bespoke tax advice should be at the top of every buyer's to do list, whether you are buying as an investment, a family home, or as a holiday property, it is certain to bring benefits and take a weight off your mind and your bank balance.

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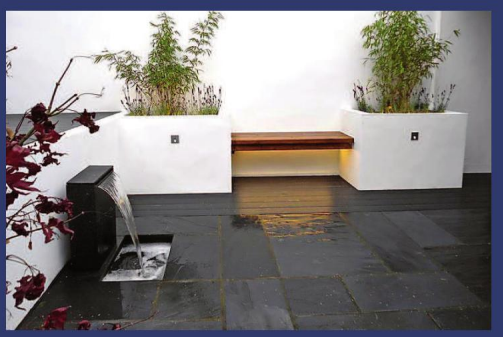

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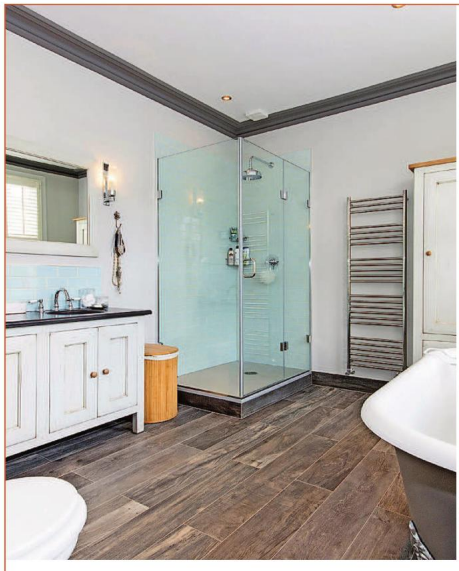

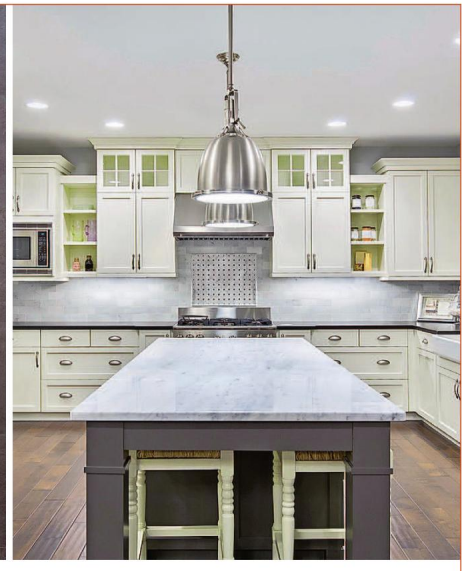

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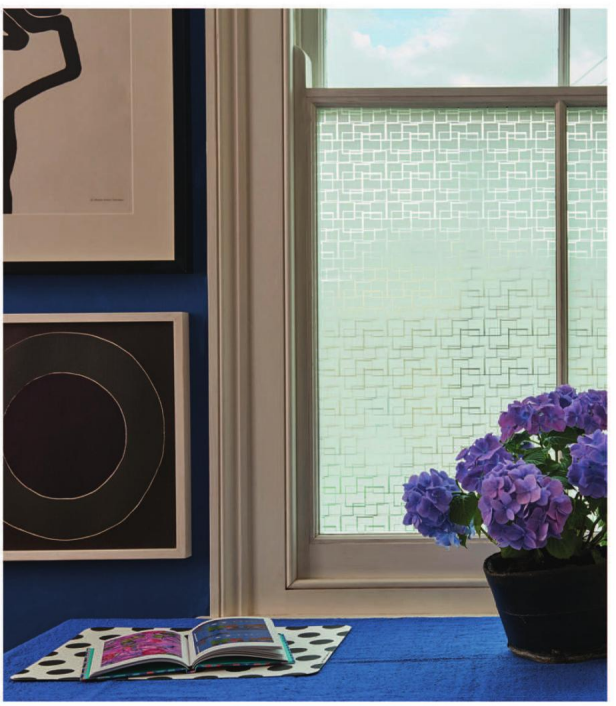

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